

CYBERBULLYING

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WHAT IS CYBERBULLYING?

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted. Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint - a record that can prove useful and provide evidence to help stop the abuse.



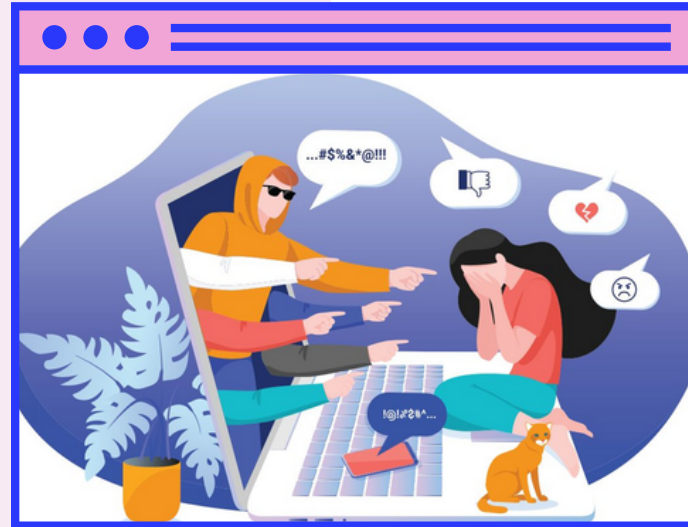
BULLYING

Bullying is an ongoing and deliberate misuse of power through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, over someone who feels unable to stop it from happening.

Examples of cyberbullying



1. SPREADING LIES ABOUT OR POSTING EMBARRASSING PHOTOS OF SOMEONE ON SOCIAL MEDIA



2. SENDING HURTFUL MESSAGES OR THREATS VIA MESSAGING PLATFORMS



3. IMPERSONATING SOMEONE AND SENDING MEAN MESSAGES TO OTHERS ON THEIR BEHALF.

SOCIAL MEDIA, APPS, AND SITES

Digital media and apps allow children to communicate and express their creativity, connect with peers, and share their feelings. However, they can be an avenue through which cyberbullying occurs. There are many types of

apps and sites available for free that give users the ability to search for people and share or post information about them anonymously.

There are many ways that cyberbullying can be hidden in apps and sites, such as texts, videos, web calls that disappear or do not appear on the device's call or text message logs; plus parents usually are not aware of the apps that their children use regularly or of the risks involved in using them.

EXAMPLES

Privacy controls over who can view or access posted material vary across apps, and many users are not aware of how to use them effectively.

Content posted can be incorrect, harmful, or hurtful.

Some apps that include location information can be used to get personal information, such as someone's age, current location, or where someone lives.

Apps that allow for real-time user videos "live streaming" can be used to show bullying, violence, suicide, and harmful acts as they are happening.

HOW TO STOP CYBERBULLYING WITHOUT GIVING UP ACCESS TO THE INTERNET?



Being online has so many benefits. However, like many things in life, it comes with risks that you need to protect against. If you experience cyberbullying, you may want to delete certain apps or stay offline for a while to give yourself time to recover. But getting off the Internet is not a long-term solution. We all want cyberbullying to stop, which is one of the reasons reporting cyberbullying is so important. But creating the Internet we want goes beyond calling out bullying. We need to be thoughtful about what we share or say that may hurt others. We need to be kind to one another online and in real life. It's up to all of us!

HOW TO GET HELP

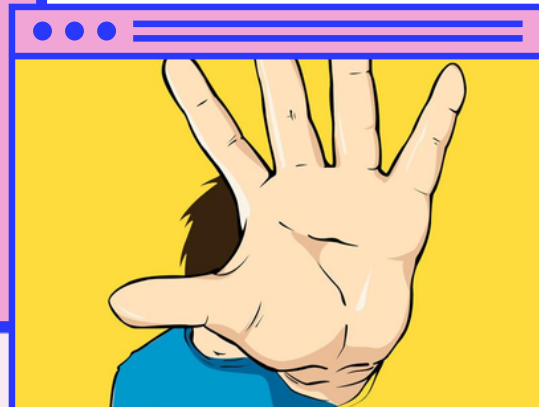
As a parent, you should get help from others. By talking to the parents of other children who are involved, you



might be able to work towards a solution together

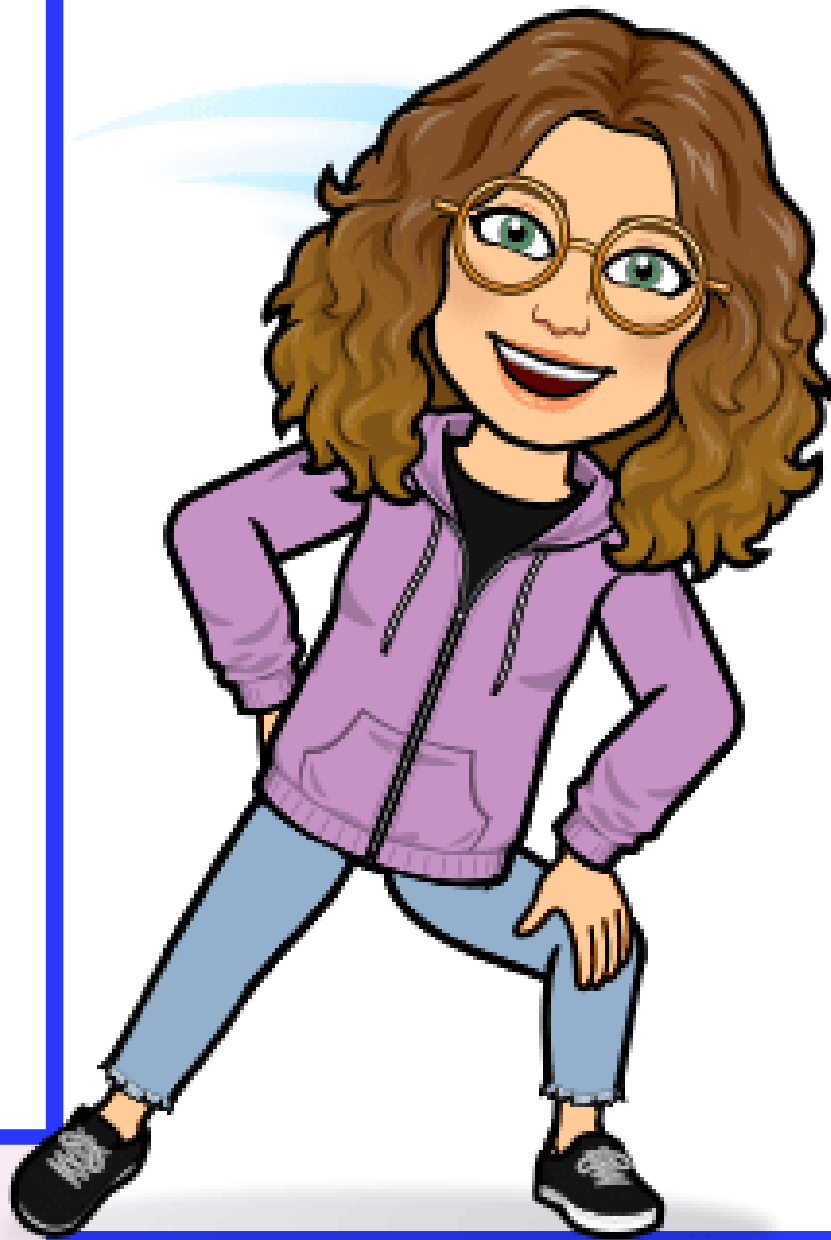
The first step is to seek help from someone you trust such as your parents, a close family member, a teacher or another trusted adult. There are a number of measures one can adopt to help a victim of cyberbullying.

Bullying stops when the bystanders speak up. If you come by an episode of cyberbullying, encourage



bystanders to refuse to pass along cyberbullying messages

As a teacher, remind students to never put anything sensitive into an electronic format and send it to someone, the more embarrassing or damaging the material you send electronically, the more likely it will become public.



THE END

