



CYBER BULLYING

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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 action, aspire at scaring and angering people who are more fragile.



The most common places where cyberbullying happen are:

- social media: Facebook, Instagram, Snapchat and TikTok.
- Text messaging, online chatting or chat rooms
 - online forums
 - email
- Online gaming communities

WHERE DOES BULLYING HAPPEN MOST OFTEN?



WHAT ARE THE EFFECTS OF CYBERBULLYING?

The effects can affect a person in many ways:

- **mentally;**
- **emotionally;**
- **physically.**

Mentally



Feeling upset,
embarrassed,
stupid, angry

Emotionally



Being shy and
losing interest in
the things you
love

Manipulation



Tired (loss of
sleep), or
symptoms like
stomachaches
and headaches



HOW CAN VICTIMS PROTECT THEMSELVES?

The first thing a victim needs to do is stop feeling guilty. Secondly, it isn't a good idea to complain about the attack.

Tell friends to stop cyberbullying.

Report cyberbullying to a trusted adult.

Block communication with cyberbullies.

Use tech tools intelligently.

Save any evidence of abuse with a screenshot, and block the bully or report them to the service.

WHAT REACTION DO CYBERBULLIES WANT FROM THEIR VICTIMS?

The bully wants the victim to always feel sad, unable to defend himself or herself and to answer. Also because many times people who suffer from cyberbullying are insecure or they feel different from others.





HOW DO SOME CELEBRITIES FEEL BETTER AFTER AN ATTACK?

Cyberbullying happens to everyone, even celebrities. British singer Adele says it is really depressing when she receives insults about her appearance. However, she also gets many compliments and kind messages from fans, which help her feel amazing again. American pop star Taylor Swift has also suffered lots of cyberbullying and she puts all her negative feelings into the songs she writes, like “Shake it Off” where she ignore the haters.

WHO SHOULD I TALK TO IF SOMEONE IS BULLYING ME ONLINE?

If you think you're being bullied, the first step is to ask help to someone you trust like your parents, a close family member or another adult you trust.

In your school you can ask help to a counsellor, the sports coach or your favourite teacher.

If the bullying is happening on a social platform, block the bully and formally report their behaviour.

Social media companies are obligated to keep their users safe.

YOU ARE NEVER ALONE

On a positive note, most teens believe that no one deserves bullying. They also think that victims receive lots of support online. And 93% felt grateful when a friend or classmate posted supportive comment. In fact, there are many interesting ways in which you can empower somebody online. So remember that you are never alone!

