Cyberbullying

Beatbullying

Cyber Mentors

What is cyberbullying?

In what ways do you think cyberbullying can happen?

Receiving nasty or inappropriate emails.

Nasty comments on social media.

Someone deliberately posts a nasty or embarrassing picture of you on social media without your permission.

Prank phone calls.

Getting nasty or inappropriate text messages.

Bullying and cyberbullying

Bullying is the act of intentionally causing harm to others, through verbal harassment, physical assault, or other more subtle methods, i.e. exclusion from a group or spreading rumours, etc.

Cyberbullying is bullying using technology. This means things like prank calling, sending nasty text messages and posting on hate sites as well as forwarding horrible emails

How R U today?

What is cyberbullying?

EMAIL

Sending threatening emails or intimidating someone

Social Networking Sites

Posting hurtful comments on someone's profile, faking profiles

CHAT

Saying nasty things in chat and instant messaging

GAMING

Ganging up on another player or excluding them

PHONES

Making prank calls, nasty texts and photo messages

WEBCAMS

Making people do things on webcams that upset them

FORUMS and Message Boards

Ganging up on someone, excluding someone,

making hurtful comments

How does it make you feel?

- Embarrassed
- Scared
- Tearful
- Sad
- Anxious
- May start wetting the bed
- May feel frustrated
- Stressed

- Want to retaliate
- Intimidated
- Feeling sorry for yourself
- Feel like you can't tell anyone
- Angry
- Unhappy
- Worthless
- Confused

What can you do?

Tell someone you trust

Report any cyberbullying, even if it's not happening to you

Never respond/retaliate as it could make matters worse

Block the cyberbullies from contacting you

Save and print any bullying messages, posts, pictures or videos that you receive

Make a note of the dates and times they are received

Keep your passwords private

Don't post any personal information or pictures online

Have fun...but surf the internet safely!

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Top tips and tricks

Don't post stuff that is very personal – keep information general

Think carefully about posting pictures online – once it's there, anyone can see it or use it

Don't share your passwords – keep your personal information private!

It's not a good idea to meet up with anyone you meet online – you don't really know who they are!

Try to think carefully before you write things online – people can get the wrong end of the stick

Respect other people's views – just because you don't agree with them, it doesn't mean you have to be rude or abusive

Reflection

- What have you learned today that will help you to keep safe from bullying?

- Do you think you would know what to do and who to talk to if you, or someone you know is being bullied in any way?