

Cyberbullying

Cyberbullying is using technology to try and harm others. Sometimes it is hard to recognise it is happening. Bullies may use formats like games or online chatting to attack others. Victims need to recognise what cyberbullying is ... and to know what they can do to stop it.

What does cyberbullying look like?

- hurtful online gossip or chat
- nasty messages, pictures or videos
- cruel texts or emails
- imitating someone else online
- cutting people out from social groups



The first thing you can do is **change your privacy settings** on your phone or computer. Block the bully from sending things directly to you. If bullying happens on social media you can also take action. Contact the company and explain what is happening. Sometimes they can step in and shut down pages or accounts for you. Try not to respond to bullying by becoming a bully yourself. This could make things worse.

Talk to someone you trust. It might be a friend, teacher or parent. A bully knows it is easier to attack just one person or two people. As soon as you have support around you, often the bully becomes scared and backs away.

What can you do if you are a being cyberbullied?

There are many ways you can get help from others. There are also practical things you can try to stop the bullying.

Keep a record of bullying that happens. Keep the mobile phone messages or print out conversations where bullying has happened. This makes it easier for police and other organisations to find out who is responsible. Even when you can't tell who is sending messages, police can trace the source of the messages.



What can you do if you know someone who is being bullied?

If you know someone being bullied it is important to act. **Try talking** to the person about what is happening. Let them know you are there if they need you. **Don't join in** the bullying by commenting on posts or images that hurt others. Refuse to forward or share posts that will injure others. **Report the bullying** to a trusted parent or teacher. If you are worried about doing this you could even report the bullying anonymously, so the person being bullied can start to get some help.

Are you a cyberbully?

People who use cyberbullying to attack others often have many problems in their own lives. **Think about why** you feel the need to pull others down to make yourself feel better.

Do you realise that cyberbullying leaves a digital footprint? Your **digital footprint** is the information you leave behind whenever you use the internet. This means that what you do now online may come back to haunt you for many years to come. Many employers check the online background of people they want to employ.

People need to be 'cyber smart' these days. **Think before you post or message online.** You are painting a picture of yourself that could be around for a long time!

