

CYBER- BULLYING



RECAP: What is Bullying?

- Bullying is intentional, not an accident, where a bully hurts someone on purpose.
- Bullying is repetitive. This means that the bully hurts someone over and over again; it isn't an incident that happens only once.
- In general, bullying is where one person acts like they have more power than another, and does whatever they can to hurt that person.

What is cyber- bullying?

Cyber-bullying....

- Sending nasty emails, texts or making nasty phone calls.
- This may also take place on:
 - Social network
 - Chat rooms
 - Online gaming

Experiencing and Beating

Remember: All types of bullying are very serious and can cause lots of damage to the people involved.

What can you do to stay safe?

- Do not engage/ or make contact with people you do not know.
- Never arrange to meet someone you don't know.
- Look at your privacy settings on computer and do not give out information about yourself.



What could you do?

- Tell someone adult (parents/teacher, friend)
- Report to social networking site.
- NEVER respond or retaliate!
- Try to ignore it.
- Save any information and print, so that someone can help you.
- Remember, the best thing to do if you feel like you are being bullied is to talk to someone.
- Even if you don't think it's bullying, if you tell someone, they can help you feel better.



Push the button on
cyber bullies!

Adapted from: www.bbc.co.uk/learningzone/clips/experiencing-and-beating-cyber-bullying/7148.html