1. **DYK? 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. Examples include: spreading embarrassing photos of someone on social media. 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.

2. **DYK? What are the effects of cyberbullying?**
When bullying happens online it can feel as if you’re being attacked everywhere, even inside your own home. It can seem like there’s no escape. The effects can last a long time and affect a person in many ways.

The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. Cyberbullying can affect us in many ways. But these can be overcome and people can regain their confidence and health.

3. **DYK how to approach my parents when I’m experiencing cyberbullying?**
If you are experiencing cyberbullying, speaking to a trusted adult – someone you feel safe talking to – is one of the most important first steps you can take.

Talking to parents isn’t easy for everyone. But there are things you can do to help the conversation. Choose a time to talk when you know you have their full attention. Explain how serious the problem is for you. Remember, they might not be as familiar with technology as you are, so you might need to help them to understand what’s happening. They might not have instant answers for you, but they are likely to want to help and together you can find a solution. There are often more people who care about you and are willing to help than you might think!

4. **How can I help my friends report a case of cyberbullying especially if they don’t want to do it?**
Anyone can become a victim of cyberbullying. If you see this happening to someone you know, try to offer support. It is important to listen to your friend. Why don’t they want to report being cyberbullied? How are they feeling? Let them know that they don’t have to formally report anything, but it’s crucial to talk to someone who might be able to help.

5. **How can I protect my personal information from being used to manipulate or humiliate me on social media?**
   Think twice before posting or sharing anything online – it may stay online forever and could be used to harm you later. Don’t give out personal details such as your address, telephone number or the name of your school.

Learn about the privacy settings of your favourite social media apps. Here are some actions you can take on many of them:

- Adjust your account privacy settings.
- You can report hurtful comments, messages and photos and request they be removed.
- You can completely block people to stop them from seeing your profile or contacting you.
- You can delete posts on your profile or hide them from specific people.