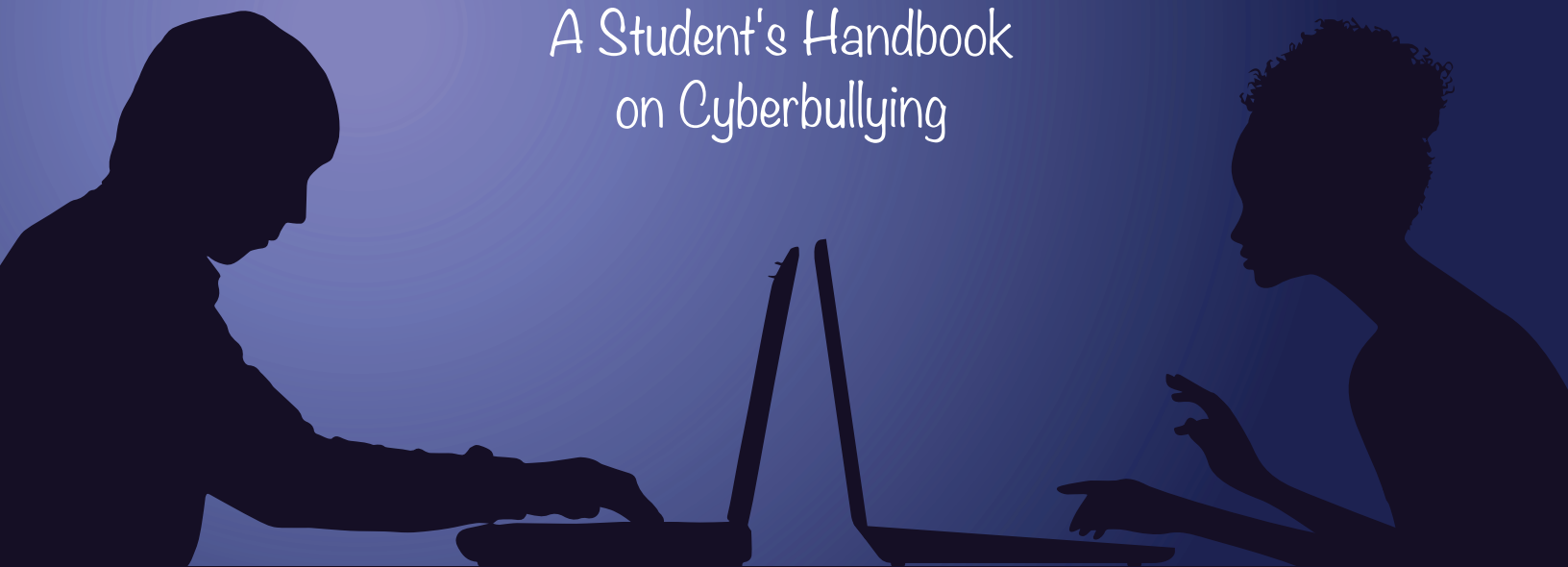


crusty boring pop down idiot
ugly f nerd stupid laptop haha
wanna-be loser weak weirdo useless
freak kill yourself
disgrace fool lame
coward psycho
fake poor worthless
prickle waste
musty dumb

THINK BEFORE YOU CLICK!

A Student's Handbook
on Cyberbullying



The Child Care Board and UNICEF wish to thank students from the following schools who contributed to the production of this book during their attendance at the **Think Before You Click** workshops.

Alleyne School
Alma Parris Memorial Secondary School
Christ Church Foundation
Deighton Griffith Secondary School
Frederick Smith Secondary School
Grantley Adams Memorial School
Graydon Sealy Secondary
Princess Margaret School
Queen's College



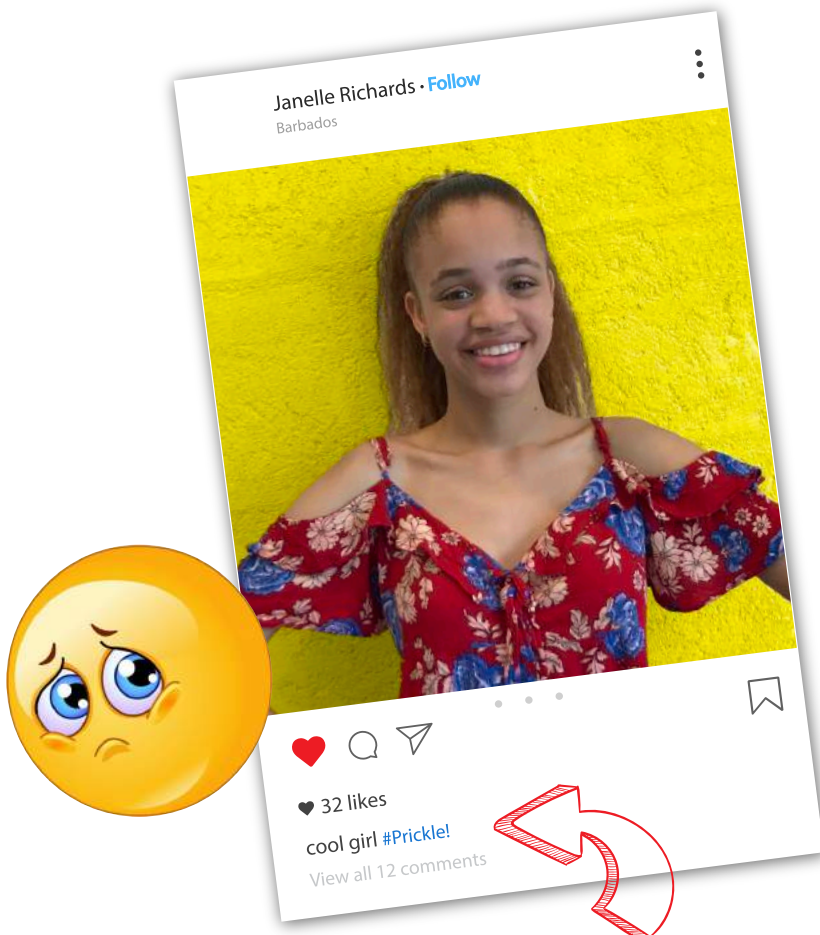
**Child Care Board
of Barbados**



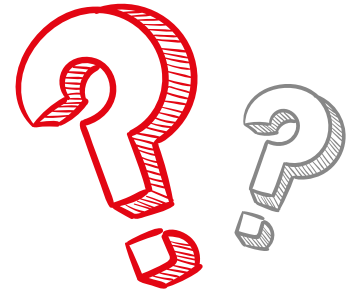
What is Cyberbullying?

Cyberbullying is any form of bullying by text, online through gaming and social media or through apps or e-mail. It also involves sending inappropriate content to you, without your permission.

Along with unkind words or comments, cyberbullying is any type of online behaviour meant to hurt someone's feelings. For example, Josiah posts a photo of himself on Instagram. A cyberbully makes a comment: **Prickle!**



Who is a Cyberbully?



Anyone who uses technology to pick on you, harass or threaten you is a cyberbully. Some posts may be anonymous, or sometimes may be from persons who have created fake profiles.

If your friend is being unkind to you online, this person is not your true friend. A cyberbully tries to make others feel inferior, so that he or she may feel better about himself or herself.



Does a cyberbully look a certain way?



ANYONE can be a cyberbully



A cyberbully can appear to be the nicest person in class, or around others



Students who bully can be male or female, younger or older

How you or your group of friends responds can make the difference between the success and the failure of a bully.



Forms of Cyberbullying



There are many ways by which you may be bullied online:



Text messages or WhatsApp messages: Sometimes you may be part of a group, but instead of feeling good in the group, the entire group is making fun of you or telling you to do things that may be harmful.



E-mails may be sent to you, with photos or attachments that contain explicit content. Explicit content may be nude photos or video clips that are violent or sexual in nature.

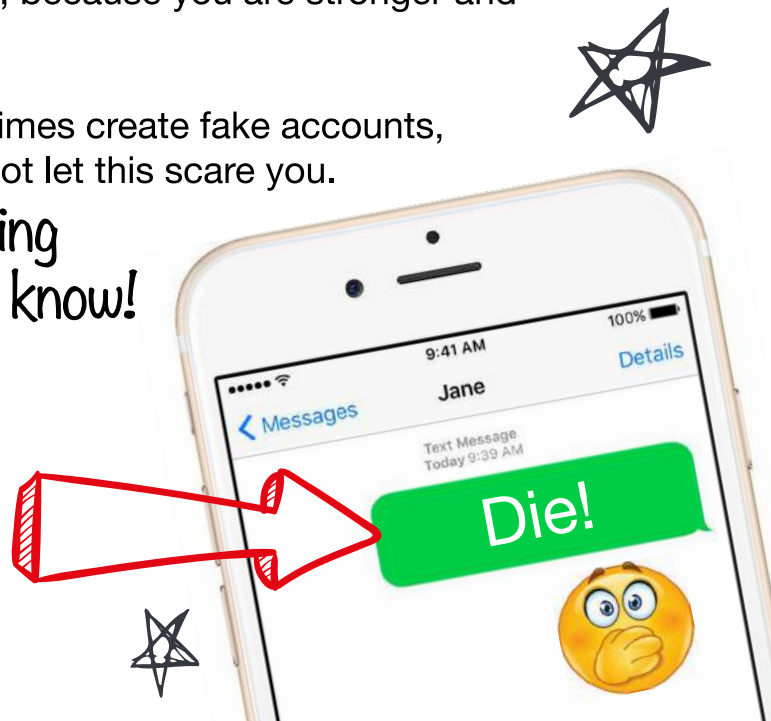


Public or private postings on social media, harassing you. Usually, trolls try to provoke you and insult you in order to get a response. Do not give in to this, because you are stronger and better than the bully.



Remember, cyberbullies can sometimes create fake accounts, so that they hide their identity. Do not let this scare you.

You can deal with cyberbullying without even letting the bully know!



How do I react to Cyberbullying?

The best way to deal with cyberbullying is to ignore the bully. Do not respond to the bully. Instead, tell a trusted adult. This may be a parent, aunt, uncle, cousin or teacher.

- ✓ Take a screen shot of the negative comment or post and then delete it.
- ✓ Block anyone who makes you feel unsafe or uncomfortable online.
- ✓ Do not vent, argue, complain or start a Facebook war online. This only makes the cyberbully feel better.
- ✓ Remember that the bully wants you to be scared; don't be!
- ✓ Don't be ashamed to report the bully because he or she may bully someone else too. **Be courageous and brave.**
- ✓ **Always remember that NO ONE deserves being bullied!**



How can I protect myself?



It's always important to protect your passwords. If you must write them down somewhere, keep the writing at home, away from strangers or anyone else.

Never give your e-mail address to anyone, unless you want them to communicate with you. Never add anyone to your social media accounts, unless you know who they are.

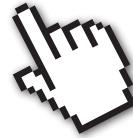
Do not post your name, date of birth, address, I.D. number, telephone number or any personal information online. The cyberbully will take advantage of this and use your information to get to you.

Don't open attachments unless you know for sure what they are.

Never share any nude photos of yourself or anyone else on Facebook, WhatsApp, Instagram or any other social platform.



How can I protect myself?



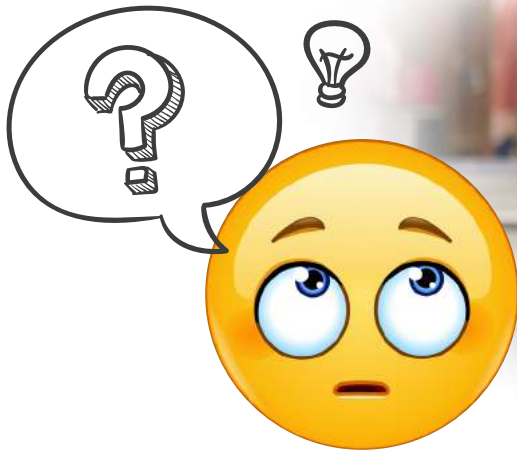
IDEA

Beware of e-mails with links that look strange. Sometimes, your friend's e-mail may have a virus and the person who started the virus may be trying to get to you. If you're not sure, simply call or text the friend who sent you the e-mail and ask a question.

Use the privacy settings on your social media, so that only friends can see your posts; and only friends can post on your account.

Avoid posting your location. You may be at the mall, but do you really want everyone to know where you are at this moment? Post it after you leave! For example, "[Best sale ever! #trendythreadsrocks](#)"

Always be aware and alert. If in doubt about someone, ask other friends or family members about that person or post.



Why Should We Prevent Cyberbullying?

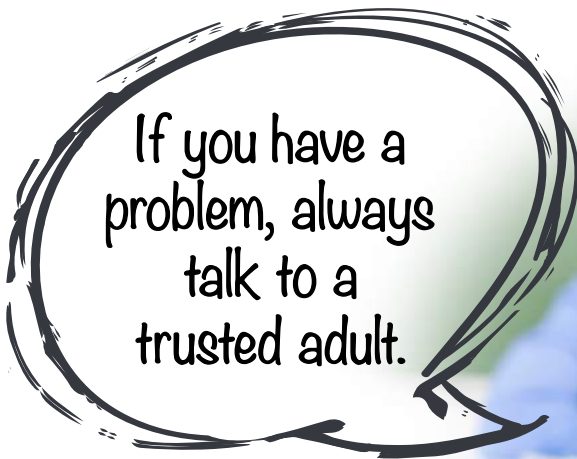


It is every student's right to feel safe and to actually be safe at school.

When someone is being bullied, he or she can't concentrate or learn as they should. A student should never lose out on the opportunity to learn because of cyberbullying.

The bully is also at a disadvantage. Students who cyberbully can grow up as deviants who may get into trouble with the law in the future. Bullies are not leaders.

Cyberbullies may be hiding behind gadgets when in fact, they are actually afraid or angry about a personal problem. Sometimes, they may not know how to express themselves or how to communicate properly with someone else.



Is it okay to tell?



No one likes a sell-out, or a snitch, right? However, when you are protecting yourself or someone else from being harmed, this is not “selling out” or “telling tales”.

Letting your parent, teacher or even principal know about the cyberbully is **the smartest thing to do.**



BE SMART!

I am a cyberbully. What should I do?



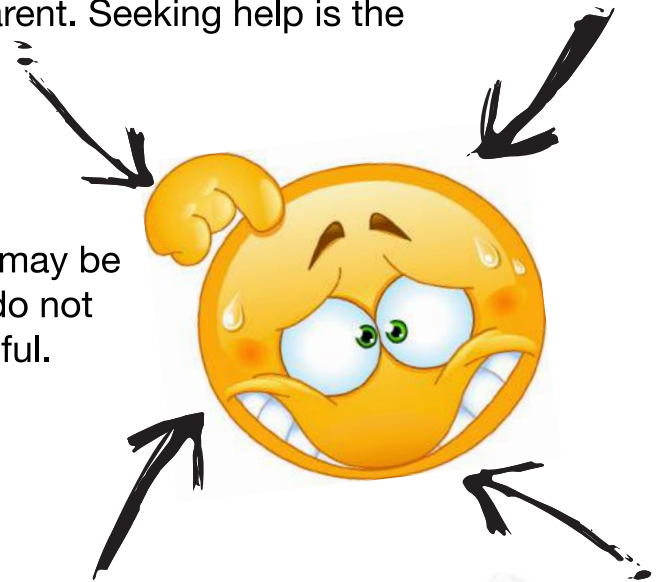
Think about your best friend. How would you feel if you knew that he or she was the target of cyberbullying?

Not so good, right?

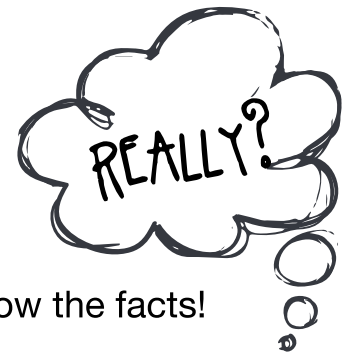
Cyberbullying hurts others. Do you want to hurt someone? If so, why? Wanting to hurt someone is not normal. This may mean that you may need to seek the help of a counsellor, teacher or your parent. Seeking help is the strongest thing you can do.

It is never okay to hurt someone else.



Everyone deserves respect. Although someone may be different from you, that doesn't mean that they do not deserve respect. Variety makes the world beautiful.

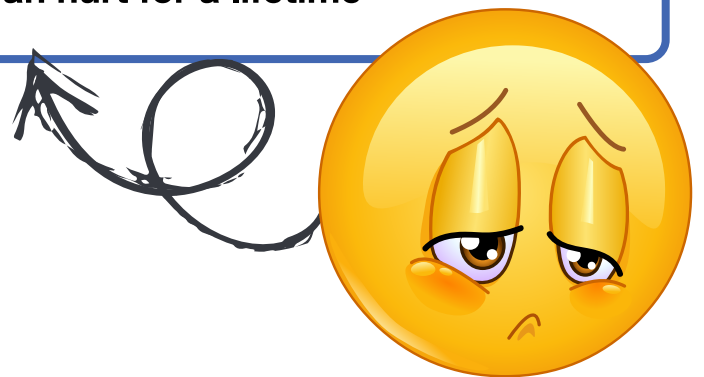


TRUE versus FALSE

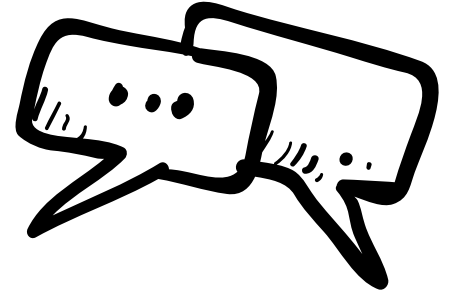


There are some myths about cyberbullying. Ensure that you know the facts!

FALSE	TRUE 
Teasing online is not cyberbullying	Once you aim to hurt someone else's feelings, this is cyberbullying
 Cyberbullying is harmless	Cyberbullying can make someone feel badly. It may even make them harm themselves
Some people deserve cyberbullying	No one deserves to be bullied in any form
Words can't hurt anyone	Words cause emotional scars that can hurt for a lifetime



CYBERBULLYING IS AGAINST THE LAW!



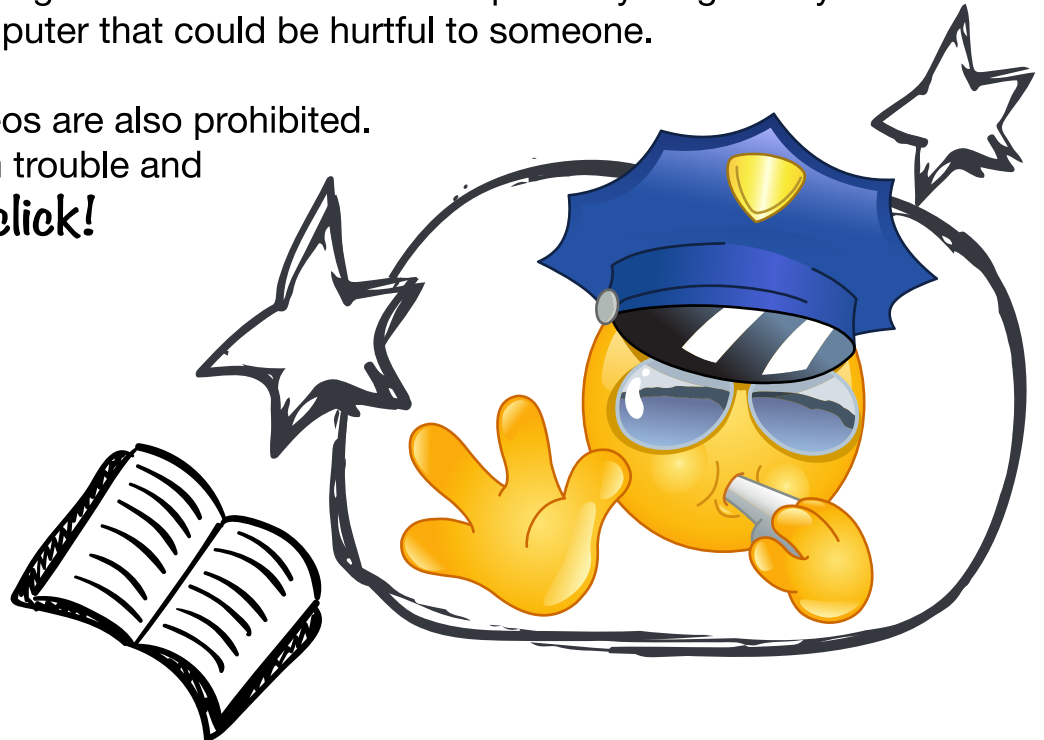
The **Computer Misuse Act** makes it an offence for anyone to use social media to post anything that is distressing and persons who use social media to do such can be prosecuted by the law courts.

You don't want to get into trouble with the police, do you?

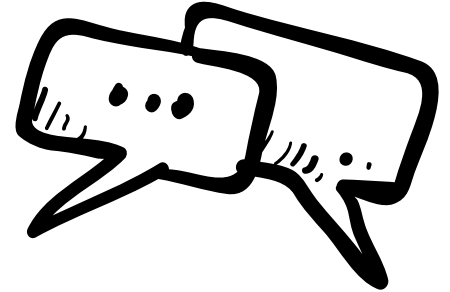
Cyberbullying is a crime in Barbados.

Even if you share something that was posted by someone else, you may be at fault! The safest thing to do is never to share or post anything from your phone, tablet or computer that could be hurtful to someone.

Sexually explicit videos are also prohibited.
Protect yourself from trouble and **think before you click!**



CYBERBULLYING IS
AGAINST THE LAW!



Remember, you may be suspended from school or charged if:

You share videos or photos on your phone, tablet or computer that are intentionally meant to hurt people or damage their reputation

Videos or photos are found on your device that are sexually explicit in nature

SUSPENDED





How about making a pledge?



I, _____ am against Cyberbullying!

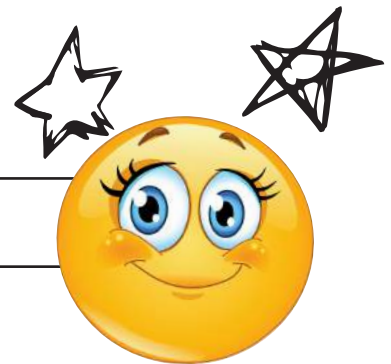
I, _____ promise to never try to hurt anyone by my actions online!

I, _____ will speak up if I know that someone is a cyberbully!

I, _____ will be a friend to victims of cyberbullying!

My Signature: _____

Date: _____





12:56 PM



Cyberbullying is not nice because the people who are being bullied will pay the price. Cyberbullying is bad and it will only make the person feel sad.

Bullying in cyber space is really a disgrace. Behind the computer people hide. It can result in suicide.

When I fall don't laugh; take the right path. You will be glad and not sad. Don't be a cyberbully or you will end up in the gully.

Cyberbullying is dumb. It makes some people pump: Especially when they talk dumb, and make them sound like Donald Trump.

Cyberbullying is not cool. Forget the bullying and go to school. Because when it happens to you, you are going to feel bad.

You should not be a bully or you will get in trouble in a hurry. If you bully you make people feel sad. And if you are a good person you should not do bad.

Cyberbullying is bad; it makes some people smile. It does not make me glad. It's only funny for a while.

Before you hit "Send" talk to a friend, and then think about the consequences. Because it won't end; once it commences.

Cyberbullying is bad you see: it is not good for you and me. When you use the Internet, use it for good and use it as you should. Ask your parents before you speak to a stranger and remember that stranger spells danger.

Think before you click. Just think before you click. That's all it takes. Clicking that "Send" button, can hurt others feelings. So why don't you just think before you click. Remember all you have to do is just think.





**Child Care Board
of Barbados**

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