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Facts and Tips on Cyberbullying

#ImAgainstBullying



What is Bullying?

Bullying is an intentional and aggressive behavior between peers that occurs in a repeated manner, which hurts the child or adolescent subject to this behavior, making them feel vulnerable and powerless to defend themselves.

Types of bullying:



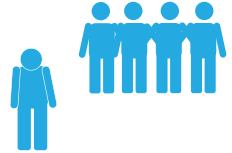
Physical, including hitting, kicking



Destruction or theft of personal property



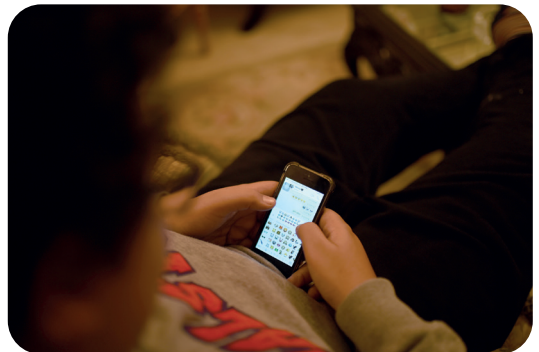
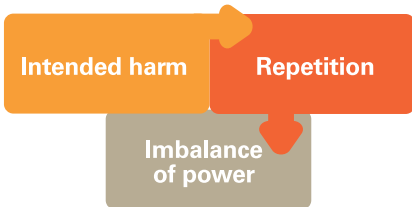
Verbal harassment, such as insulting and threatening



Insidious actions such as exclusion from a group and making them feel unwelcomed

Cyberbullying involves sending electronic messages (sometimes anonymously), including text, pictures or videos, aimed at harassing, threatening or spreading rumors about another person via digital platforms such as online social networks, chat rooms, blogs, instant messaging applications and text messaging.

What differs bullying from common disputes between children?



What is the effect of bullying?

Bullying leaves a **negative effect** on both the perpetrator and the bullied child. Research suggests that bullies are more likely to be challenged in forming positive relationships, and more likely to become abusive spouses or parents, among other effects. Children getting bullied experience some common effects, such as **low self-esteem, low concentration, low interest in education** among other likely psychological and physical effects.

Cyberbullying is sometimes more severe than other forms:



The lack of adult support or supervision, in addition to the potential for bullies to inflict reputational harm anonymously or while hiding behind false digital accounts.



Unawareness of internet safety may cause public exposure of personal details, images and videos that may be misused by cyber bullies. The difficulty to delete posted content makes it harder to recover from bullying.



Strict monitoring of inappropriate content by social media network administrators is difficult.

Examples of cyberbullying:

Hacking someone's account and using it to send offensive messages

A child or a teen becomes friends with a stranger who persuades them to share private photos or information and misuses them



Sharing private pictures, information of a child or adolescent without their will for the sake of mockery or reputational harm



Global experience shows that the following strategies can prevent cyberbullying:

Influencing socially acceptable behaviour among children can promote positive actions against bullying

Enabling parents and caregivers as gateways to children's online safety through informing them about cyberbullying and improving their own digital skills

How can children and adolescents protect themselves from cyberbullying?

Safe use of internet: no sharing of personal information or passwords, no accepting of friend requests from strangers



If someone tells you don't tell anyone, then something is wrong



Asking for parents' or a trusted adult's help is the right and brave thing to do



Avoid supporting and empowering the bully



You can always block or delete the bully from your friends' list



Before posting: Think! Will someone be hurt by this?



What can parents do against cyberbullying?

- **Attract the attention of your children** on the different forms of bullying, makes them more likely to talk about it and stand up against it.
- **Learn about internet safety and online risks**, and teach it to your children, and ensure the use of **privacy settings**.
- **Encourage your children** to come to you for help.
- If your children are involved in cyberbullying, **avoid overreacting** or blaming them. Show your understanding and empathy.
- **Respecting your child and teaching them self-respect** makes them less likely to be involved in bullying.



What can care-givers (such as educators and trainers) do against cyberbullying?

- **Hold conversations** with children and adolescents on cyberbullying and the correct use of the internet.
- **Don't ignore** if you find that a child in your care has been subject to cyberbullying, take all the steps to make them feel that you have their back.
- **Encourage positive behavior** and empower student leaders, because children and adolescents are the greatest influencers in their own social circles.
- **Learn about social media tools and online platforms** that the children and adolescents mostly use.

Children, parents and caregivers can call the Child Helpline



16000

24/7 to report cyberbullying cases and for counseling on how to address it.