



What is cyberbullying?

Cyberbullying is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles

Impact of cyberbullying

- It can be anonymous, so the victim does not know who is sending the messages.
- It can occur 24/7 as the perpetrator can target the individual out of school and during holidays
- Hurtful posts or messages can be seen by others as these can be shared on social media or group messaging apps.
- Sometimes the posts can remain onsite for long periods of time.

Cyberbullying

Types of cyberbullying

Impersonation – Create a false profile or impersonate someone the victim may know

Humiliation – spread rumours and/or edit images

Flaming – sending vulgar, aggressive comments to start a fight

Sharing Private Images – sharing private/embarrassing messages

Doxxing – Researching and broadcast private information.

As a parent, what can I do?

It is important to have a regular digital dialogue with your child about their online life. If they are being cyberbullied, look at the following:

- Look at **BLOCKING** the account of the individual who is sending or posting messages
- Many apps, social networks and gaming platforms have a **REPORTING** system which you can use to report the cyberbullying.

You may also want to talk to your child's school about the issue.

Signs my child may be being cyberbullied

- They can be withdrawn or showing signs that they are depressed.
- There is a reluctance from them to use technology e.g. smartphone, games console
- They easily become aggressive when they are confronted with issues.
- In the worst case scenario, they might be self-harming or use illicit substances.

