

Cyberbullying



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What is cyberbullying?

In what ways do you think cyberbullying can happen?

Receiving
nasty or
inappropriate
emails.

Nasty
comments
on social
media.

Someone
deliberately
posts a nasty
or
embarrassing
picture of you
on social media
without your
permission.

Prank
phone
calls.

Getting
nasty or
inappropriate
text
messages.

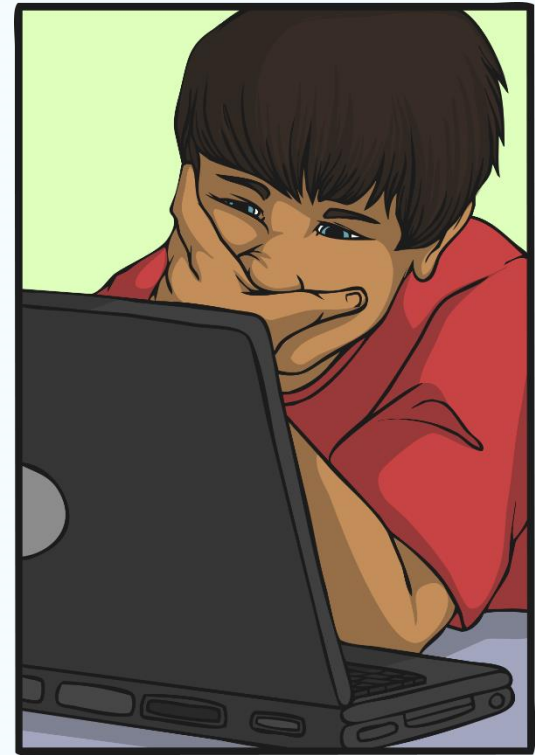
What Could You Do If You Or Someone You Know Is Being Bullied?

- Tell an adult you trust, e.g. a parent, teacher, adult member of your family.
- Never respond to any form of cyberbullying. Tell someone what is happening.
- Use the 'Report It' button to report a problem to the social networking site.
- Show whatever you receive to a responsible adult, so that they can help you.
- Don't keep it to yourself! People want to help you and make it better.

Look at these scenarios. Can you come up with a solution to the problem?

Scenario 1

You are in a chat room chatting with some people from school. Suddenly, the conversation gets nasty and another person says some hurtful things about your family. What should you do?



Scenario 2

You have received a nasty text message from someone in your class. What could you do to keep yourself safe and get help?



Scenario 3

Your parents have allowed you to get your own social media page. Some people you know from school have posted some nasty comments about your appearance under one of your posted photographs. What should you do?



Reflection

- What have you learned today that will help you to keep safe from bullying?
- Do you think you would know what to do and who to talk to if you, or someone you know is being bullied in any way?

