

CYBER  
BULLYING

STOP  
CYBER  
BULLYING

# Cyber-Bullying

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# What is it?

- ▶ Cyberbullying is bullying that takes place over digital devices like
- ▶ cell phones,
- ▶ computers, and
- ▶ tablets.
- ▶ Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.



# What to do if it happens?

- ▶ Talk to a parent, teacher, or another adult you trust.
- ▶ Adults need to know when bad things happen so they can help.
- ▶ Be kind to the kid being bullied. Show them that you care by trying to include them.
- ▶ Sit with them at lunch or on the bus, talk to them at school, or invite them to do something.
- ▶ Don't be rude back
- ▶ Save the evidence



# What are the consequences?

- ▶ The consequences are
- ▶ Expelled.
- ▶ Reflection.
- ▶ Excluded.
- ▶ Lose friends.
- ▶ Report it to the CEOP.
- ▶ Get kicked off website or game

## Consequences of Cyber Bullying

- Anxiety
- Depression
- Stress Related Disorders
- Suicide
- Withdrawal from Friends and Activities
- Changes in mood, behaviour and appetite
- Emotional Distress during and after using technology



<http://kidshealth.org/parent/positive/talk/cyberbullying.html#>

What would the smart crew do?

