

PREVENTING CYBERBULLYING

THINK BEFORE YOU CLICK

Avoid sending/typing anything that others may find offensive

PROTECT YOURSELF

Never give out any personal/private information, such as passwords, to anyone. Including your friends!

SAY NO TO PEER PRESSURE

Avoid passing on messages you are asked to send around, especially if they contain abusive/cruel content

SAY NO TO STRANGERS

Never agree to meet anyone you don't know! Report them and tell an adult if they are persistent about meeting you

INFORMATION

Be aware of your school's policy on cyberbullying



WORRIED ABOUT A FRIEND?

If you know that a friend is being cyberbullied, there are things you can do to help.

Taking action such as telling an adult and reporting the bully will show your friend that they are not alone.

WHO TO CALL

There are lots of organisations ready and waiting to help victims of cyberbullying and online hate.

UK & EUROPE

CYBERSMILE HELPLINE

From the UK: 0800 783 1113

From outside the UK: +44 (0) 800 783 1113

For children, parents, teachers and carers. The Cybersmile Foundation's specialist advisors are available to talk with anyone affected by cyberbullying or online hate.

CHILDLINE (UK)

0800 1111

Counselling and advice for children, under 18 years of age, who are in distress or suffering abuse.

US & INTERNATIONAL

STOP BULLYING NOW HOTLINE (USA)

1-800-273-8255

Helpline set up by US Department of Health and Human Services.

CYBERBULLYING HOTLINE (USA)

1-800-420-1479

An anonymous cyberbullying reporting service introduced by School Reach.

KIDSHelp (AUS)

1-800-55-1800

Advice and support for anyone affected by cyberbullying.

If you receive serious repeated abuse and threats then you should contact your local police department, who will be able to advise you how to proceed.



THE CYBERSMILE FOUNDATION

THE CYBERBULLYING CHARITY

CYBERBULLYING: Advice for Teens



info@cybersmile.org
0800 783 1113



@CybersmileHQ



The Cybersmile Foundation



CybersmileOfficial

www.cybersmile.org

WHAT IS CYBERBULLYING?

THE OXFORD ENGLISH DICTIONARY SAYS...

“Cyberbullying (noun): The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature: children may be reluctant to admit to being the victims of cyberbullying.”

It can be perpetrated by individuals or a group of people and often (but not exclusively) involves teenage and pre-teen age groups.

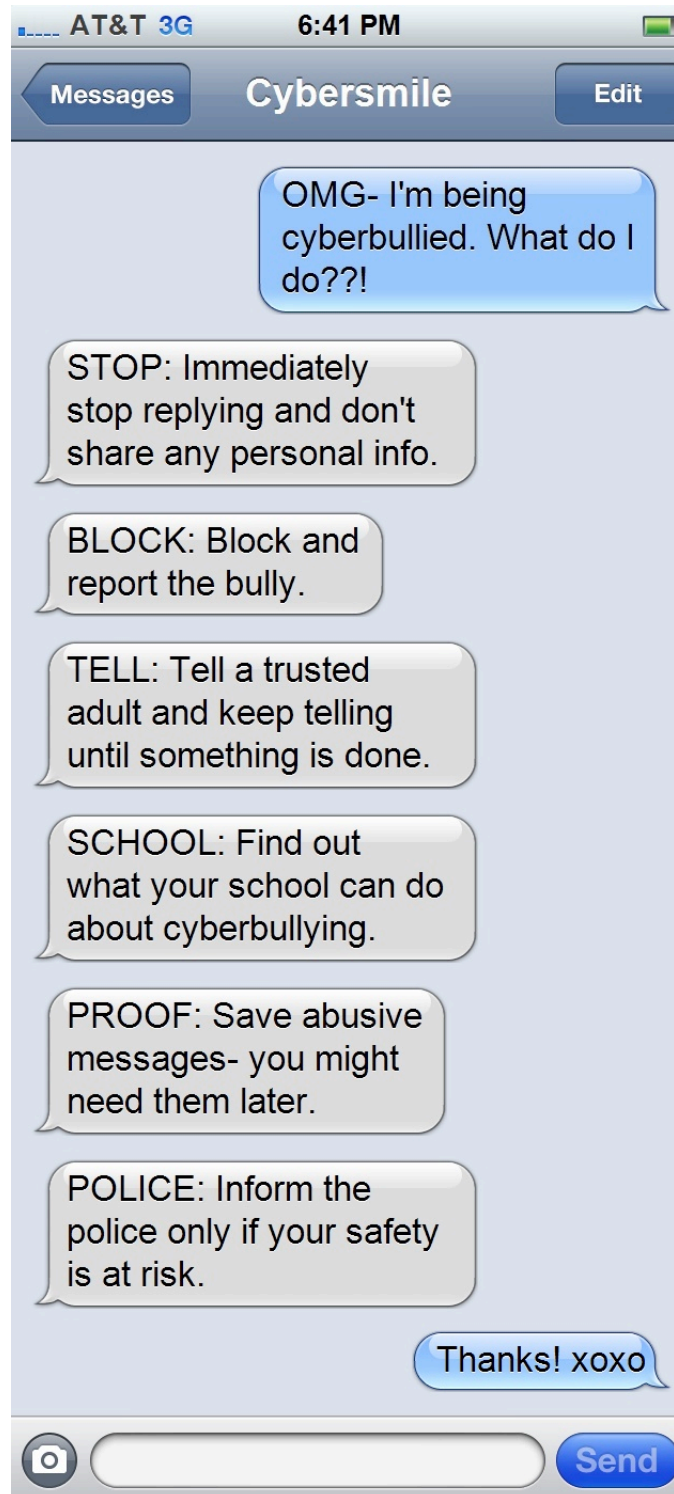
FACTS & FIGURES

- 90% of young victims do not inform adults of online bullying issues
- Girls are twice as likely to experience cyberbullying
- In the US the National Centres For Disease Control estimates that 16% of teens contemplate suicide before graduation
- Over 40% of all UK secondary or high school children have been bullied online and one in four have suffered repeated incidents
- The American Academy of Paediatrics calls cyberbullying the “most common online risk for all teens”
- Cyberbullying can lead to depression, low self-esteem, low self-confidence, self-harming, social isolation and, in the worst cases, suicide

Sources:

Young People's Voices on Cyberbullying: What Can Age Comparisons Teach Us? Tarapdar and Kellett, 2011.

The Centres For Disease Controls and Prevention USA



SEXTING

BOYS & SEXTING

For many teenage boys, sexting is a way of establishing their sexual status among friends and peers. Asking for, sending, collecting and distributing sexts is seen as a form of currency.

CONTROL OVER OTHERS

Teens often consider that ownership of sexual images gives them some control over the sender.

GIRLS & SEXTING

Young girls are being pressured with requests for pictures and provocative messages. These requests may come from a boyfriend or boy the girl is interested in, making her feel obligated to send images in order to further the relationship.

INNOCENT FLIRTING?

As other girls are seen to treat sexting as a normal way of flirting it becomes harder to resist participating. A survey conducted by the NSPCC found that many young girls find ways of making excuses or laughing off requests for sexts, but that they are worried about the increasing number and sexual nature of them.

CYBERBULLYING & SEXTING

Sext images can be easily distributed around school peer groups, with the original sender being ridiculed and singled out as a “perv” or a “slut”.

IMAGES SPREAD LIKE WILD-FIRE

Pages can be set up on the web and the image can be posted on social networking sites, emailed or even printed as hard copies.

