

For bullies...

*Pulling someone down will never help you  
reach the top...*

Abhishek Tiwari

#### USEFUL LINKS/SOURCES:

<https://en.wikipedia.org/wiki/Cyberbullying>

<http://www.saferinternet.gr>

<http://www.safeline.gr/en/information/safety-tips>

<http://www.safeline.gr/>

<https://saferinternet4kids.gr/en/category/teenagers/>

<http://www.betterinternetforkids.eu/>

<https://internet-safety.sch.gr/index.php/articles/teens/>

<https://www.youtube.com/watch?v=asTti6y39xl>



**(+30)  
111 88**

by Eirini Papadospyridaki  
3rd Junior High School of Heraklion  
Heraklion Crete, December 2018

<http://cyberalert.gr/en/contact/>

This project has been funded with support from the European Commission. This publication reflects the views only of the creators, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Erasmus+



# CYBERBULLYING IS TERRIFYING...



...BUT THERE IS A LOT WE CAN DO!!!

"I felt that no one could understand what I was going through. I did not know who sent me those messages and I felt helpless. I did not know what to do."

A pupil

**BULLYING** is a repeated, aggressive behaviour - physical, verbal, social and/or psychological which is intended to hurt another individual physically, mentally or emotionally.

It usually includes:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
- **Repetition:** Bullying behaviours happen more than once or have the potential to happen more than once.

A **bully** is a person who deliberately hurts, threatens or frightens someone, often forcing them to do something they do not want to do.

### Physical

Hurting someone's body or damaging their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying.

### Verbal (one of the most common types of bullying)

Calling names, spreading rumours, threatening somebody, and making fun of others are all forms of verbal bullying.

### Social/Psychological

Spreading rumours, destroying personal objects, **isolating/excluding** from the group.

Bullying can happen in any place where people interact that is, at school, at work, **even in social media, which is commonly called online bullying or Cyberbullying.**

## STANDING UP TO CYBERBULLYING/TOP TEN TIPS FOR TEENS

- ✚ Report to school
- ✚ Report to site/app/game
- ✚ Collect evidence
- ✚ Talk to an adult you trust
- ✚ Show you care
- ✚ Work together
- ✚ If you know them, **tell them to stop**
- ✚ Do not encourage it
- ✚ **Do not** post something that may **make matters worse**
- ✚ **Do not give up! Do not be a by-stander!**

## ONLINE REPUTATION

**Do you really know what is there for you on the Internet?  
Make a simple search with your name to see what you find.**

- If you find something that you dislike, take the necessary action to make this content removed.
- If the pages of your social media sites are easily tracked, you can change this in the "Security Settings".

### **Create a positive digital footprint:**

The best way to **keep control** of your digital reputation is to use your time on the Internet productively, to create a **positive digital footprint**.

For example you may:

- build a blog about all the important things that interest you
- create a social networking page to showcase your family business
- create a video that will teach something new to others

## PARENTS AND TEACHERS NEED TO HELP YOUNG TEENS

### TOGETHER TO:

- ✦ **Set up** their personal accounts correctly.
- ✦ Enhance their **privacy settings**.
- ✦ Connect with "friends" safely.
- ✦ Post appropriately.
- ✦ Detect and deal with inappropriate behaviour.
- ✦ **Unfriend** and **block** specific users.
- ✦ **Report** any form of intimidation.

### TEENS OLDER THAN 13 YEARS OLD SHOULD:

- ✦ Only connect with your friends - Only accept friend requests from **people you actually know**.
- ✦ **DO NOT share your passwords**.
- ✦ Keep your settings private.
- ✦ **Be polite** to others and RESPECT them.
- ✦ **Report** offensive or unwanted messages to the social network site you use, to the authorities or to SafeLine. Usually there is a “**report**” button.
- ✦ **Think again before posting anything**
- ✦ **Be proud of yourself**
- ✦ **Watch out!!!**

**WHAT YOU POST ONLINE, STAYS ONLINE FOREVER!**



<https://www.bark.us/blog/how-cyberbullying-is-different/>

**CYBERBULLYING** is bullying that takes place over digital devices like **mobile 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.

**Cyberbullying** includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include **sharing personal or private information** about someone else **causing embarrassment or humiliation**. Sometimes cyberbullying crosses the line into unlawful or criminal behaviour.

The **most common** places where cyberbullying occurs are:

- **Social Media, such as Facebook, Instagram, Snapchat, and Twitter**
- **SMS (Short Message Service)** also known as Text Message sent through devices
- **Instant Message (via devices, email provider services, apps, and social media messaging features)**
- **E-mail**

## HOW IS CYBERBULLYING DIFFERENT?

- ✚ It can occur **24/7** along with invasion of personal space.
- ✚ Those who intimidate may attempt to remain **anonymous**.
- ✚ The audience can be very large and may receive the messages directly.
- ✚ There is **no safe place** – it is hard to escape.
- ✚ There are no geographical limitations.
- ✚ The victim can easily become the bully.
- ✚ Cyberbullying can happen both between peers and between individuals of different ages.
- ✚ Age or natural strength do not matter.
- ✚ Viewers of an incident can also become part of it; for example, by spreading a humiliating photo.



<https://schoolsthatrock.co.za/how-to-keep-your-child-safe-cyberbullying/>

## WARNING SIGNS A CHILD IS BEING CYBERBULLIED OR IS CYBERBULLYING OTHERS

Many of the warning signs that cyberbullying is occurring happen round a child's use of their device. Some of the warning signs that a child may be involved in cyberbullying are:

- ✚ Noticeable increases or decreases in device use, including texting.
- ✚ Significant emotional responses (laughter, anger, upset) to what is happening on their device.
- ✚ Hiding their screen or device when others are near, and avoiding discussion about what they are doing on their device.
- ✚ Social media accounts are shut down or new ones appear.
- ✚ Avoiding social situations, even those that were enjoyed in the past.
- ✚ Becoming withdrawn or depressed, or losing interest in people and activities.



<https://www.youtube.com/watch?v=QugooaNRnsk>