



## What is Cyber-Bullying?

**Cyber-bullying is bullying that happens online using computers, tablets, gaming devices or mobile phones.**

Cyber-bullying could include: Sending threatening text messages

Creating and sharing embarrassing images or videos.

Excluding someone from online games, activities or friendship groups.

Setting up hate sites about one child or group of children.

Trolling which is the sending of menacing or upsetting messages on social networks, chatrooms or online gaming sites.

Voting for or against someone in an abusive poll.

Pressuring someone into sending images of themselves which may be inappropriate or harmful.

Pressuring someone into online conversations about things which may make them feel uncomfortable.

Creating or faking online accounts by hijacking or stealing someone's identity to make them look bad.

## How is cyber-bullying different from other bullying?

Cyber-bullying is different from other bullying because it can be much harder to get away from.

Cyber-bullies can be anonymous online, so it is much more difficult to catch them out. They can create fake profiles, so you do not know who it is you are talking to.

Cyber-bullies may say something online that you would never think they would say face to face

Some children say mean things online and do not realise this is cyber-bullying and it is very hurtful

Cyber-bullies cannot see the reaction they are getting and the hurt they are causing by being mean online, so they don't always think about the huge impact their behaviour is having.



## How can you spot the signs that a friend may be being cyber-bullied?

It can be difficult to tell if someone is being cyber-bullied because it may feel embarrassing or humiliating or they may be too afraid to tell.

Here are some signs to look out for Your friend:

**Stops** using technology unexpectedly or suddenly.

**Appears** jumpy when a text message, instant message or email comes.

**Avoids** socialising.

**Appears** angry, upset, depressed, or frustrated after using the internet.

Does not want to talk about what they are doing on the computer.

**TAKE A STAND**  
**AGAINST**  
**CYBER**  
**BULLIES**  
>> STOP THE BULLYING