

# **Cyber-Bullying**

**Top Tips  
By Parks Class**

## **What is cyber-bullying?**

Cyberbullying is the use of the internet, mobile phone or other technology to bully another person and can include:

- Repeatedly sending rude or abusive texts or emails, posting hurtful or nasty comments on social networking sites
- Using technology to send embarrassing photos or images, including manipulating photos and images to ridicule a person
- Excluding people online, in social media or from chat groups
- Websites or pages set up to ridicule or humiliate others (also known as hate sites).
- Being anonymous
- Happening anytime and anywhere
- Becoming “viral” and quickly being visible to a large audience
- Often going unreported as the target is too embarrassed to seek help or fears they will lose access to their computer or mobile phone.

## **How to deal with cyber-bullying**

- Check age restrictions on apps being used
- Determine whether the behaviour is bullying or a one-off fight or argument
- Children should be encouraged to seek assistance from a trusted adult
- Avoid responding to the bullying behaviour
- Document and keep a record of all abusive behaviour
- Block the person who is perpetrating the behaviour
- Report the person to the school, an internet service provider or, if appropriate, the police.

Parks Class January 2023