

# CYBER-BULLYING



## CYBERBULLYING IS:

When one person or a group of people use ICT, particularly mobile phones and the internet deliberately to threaten, tease or embarrass someone else.

ICT = Information and Communication Technology

## USEFUL WEBSITES AND RESOURCES:

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au) [www.childnet-int.org](http://www.childnet-int.org) [www.cybersmartkids.com.au](http://www.cybersmartkids.com.au)

### WHAT FORMS CAN IT TAKE?

#### Mobile Phones:

Sending to 1 or more people abusive and humiliating text, photos, images, videos and phone calls, often anonymous

#### Email:

- Sending to 1 or more people upsetting or threatening messages, forwarding unsuitable content (images and video clips)
- Sending viruses to 1 or more people
- Accessing someone else's account

#### Chatrooms and Instant Messenger:

- Sending upsetting or threatening messages to friends or a victim
- Misusing personal information by spreading secrets or blackmailing.
- Inviting others into a bullying conversation

#### Webcams:

- Making and sending inappropriate photos – using them as a threat
- Persuading or threatening young people to act in unsuitable ways.

#### Interactive Games:

Game consoles allow players to chat on line in multi player games. Players may be threatened and verbally abused.

#### Social Network Sites:

- Posting upsetting comments, humiliating images and making fun of others
- Sending unpleasant messages
- Creating fake profiles

#### Video Hosting Sites:

Posting and accessing unsuitable video material

#### Virtual Learning Environments:

Many schools now create their own virtual learning environment. Inappropriate messages and images can be posted and users can hack into someone else's account.

### DEALING WITH CYBERBULLYING

#### For parents and carers:

- Promote the positive use of technology
- Keep up to date with how young people use technologies including the potential risks
- Talk with your children and understand the ways that they are using technology
- Turn on in-built internet safety features and use the tools on the service
- Talk about cyberbullying and the harm that it can do
- Remind your child not to retaliate
- Be aware that your children may cyberbully as well as be a victim of cyberbullying
- Keep the evidence
- Report cyberbullying – to school, the service provider and/or if serious consider contacting the police

#### Encourage children and young people to use the:

#### ANTI-CYBERBULLYING CODE

1. Always respect others: - be careful what you say on-line and what images you send.
2. Think before you send – whatever you send can be made public very quickly and could stay online forever.
3. Treat your password like your toothbrush – keep it to yourself. Only give your mobile number or personal website address to trusted friends.
4. Block the bully – learn how to block or report someone who is behaving badly
5. Don't retaliate or reply
6. Save the evidence – learn how to keep records of offending messages, pictures or online conversations.

#### 7. Make sure you tell:

- An adult you can trust, or call a helpline like Childline in confidence;
- The provider of the service; check the service provider's website to see where to report incidents;
- Your school – your teacher or the antibullying co-ordinator can help **you**.

Finally, don't just stand there – if you see cyberbullying going on, support the victim and report the bullying. How would you feel if no one stood up for you?

*From: 'Cyberbullying A whole-school community issue'  
DCSF/Childnet International*

#### Schools:

Have a legal duty to take measures to prevent all bullying, including cyberbullying.

