

BULLYING!

Bullying is ...

leaving someone out

making fun of someone

putting someone down

pushing, shoving or tripping someone

ignoring someone

taking, hiding or damaging someone's things

calling someone names

spreading harmful stories about someone

threatening someone

persuading others to bully someone

punching or kicking someone

following or stalking someone

Cyberbullying!

Cyberbullying is ...

wrong

often done secretly

using these things to hurt someone:

- computers
- mobile phones



Dealing with **BULLYING!**

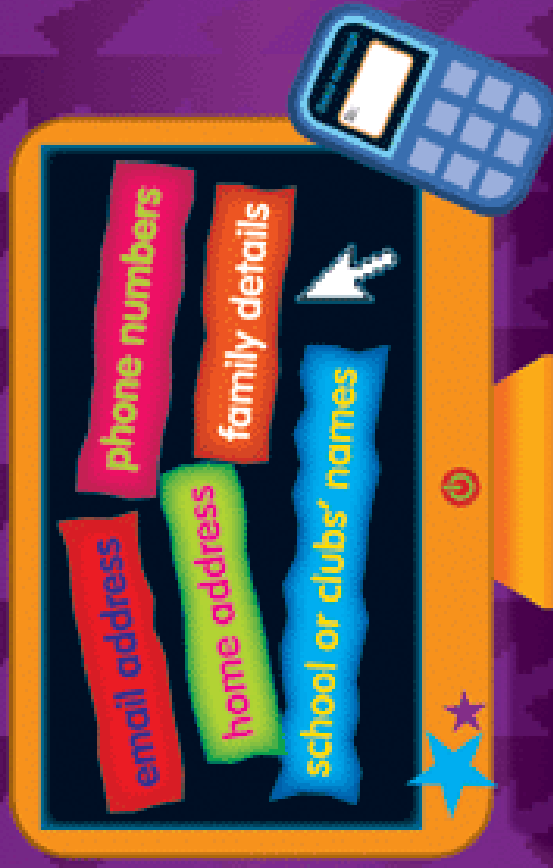
- Report it.
- Stay calm and in control.
- Don't show emotions like anger, fear and being upset.
- Be assertive—speak clearly and firmly.
- Talk to trusted friends and ask them for help.
- Show confidence—use positive body language.

Try a strategy that may work for you:

- Tell the bully you don't like what he or she is doing.
- Ask the bully to stop what he or she is doing.
- Try to make more friends by joining in different activities.
- Try to avoid the bully.
- Try to have a ready response.

Be **cybersmart!**

- When online, never give your:
 - email address
 - home address
 - school or clubs' names
 - phone numbers
 - family details
- Don't open messages from strangers.
- Never tell others your passwords.
- Don't reply to nasty messages.
- Keep and show an adult any nasty messages.



Protect yourself from CYBERBULLYING!

- Hide your personal details:

real name

password and pin

social activities

family details

email address

home address

username

mobile/home phone number

personal photographs

- React appropriately to hurtful or nasty messages.
- Block the sender of hurtful or nasty messages.
- Set networking sites and profiles to 'Private'.
- Save nasty links, texts, messages and emails.
- Never open messages from someone you don't know.
- Always ask permission before revealing someone else's details.
- Only give details to trusted friends you know in real life.
- Change your password often.
- Follow netiquette:
 - communicate clearly
 - use emoticons
 - be polite



CYBERBULLYING!

Cyberbullying is ...

⊕ deliberately hurting someone's feelings using information and communication technology, such as:

emails

mobile phones

instant messaging

online polling sites

online gaming sites

social networking sites

chat rooms

blogs

⊕ communicated quickly to a wide audience

⊕ invasive

⊕ often anonymous

⊕ difficult to escape from or stop

⊕ sometimes a criminal act

teasing RUMORS
gossiping

insults

threats

~~CYBER BULLYING~~

LIES

name-calling

harassment
mean words

BEFORE YOU SPEAK

THINK

T = Is it true?

H = Is it helpful?

I = Is it inspiring?

N = Is it necessary?

K = Is it kind?

