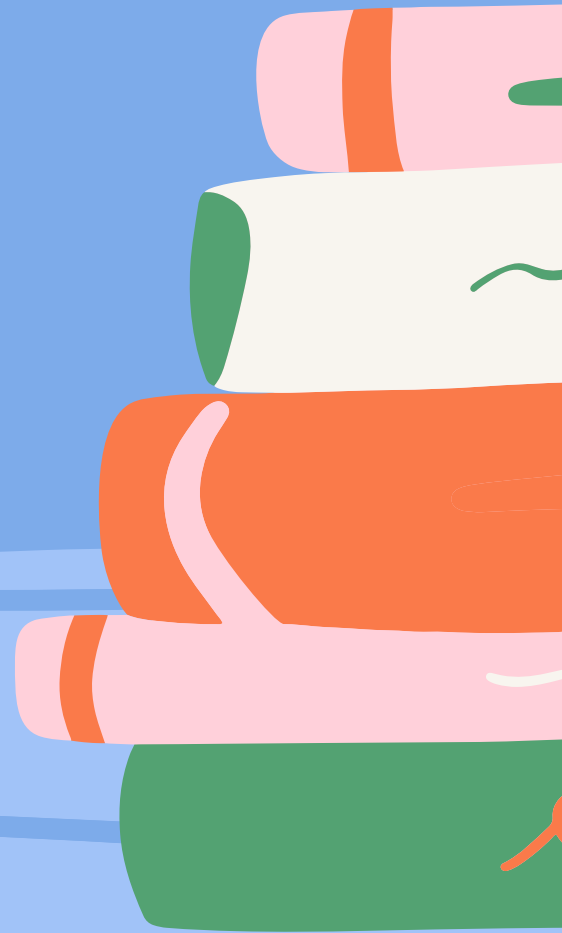


USE OF SOCIAL MEDIA WITH YOUTH

Cyberbullying



What is cyberbullying?

WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It can occur through SMS, text and apps or online in social media. It includes sending, posting, or sharing negative, harmful, false or mean content about someone else or their private information.

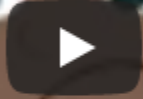





Is it Cyberbullying?



Copy link



Watch on  YouTube



Cyberbullying facts

- The most common type of online bullying is mean comments - 22,5%
- 35% had shared a screenshot of someone's status or photo to laugh at them
- 61% of teens who report being bullied say it was because of their appearance
- 56% of online harassment victims reported that they had been harassed on Facebook
- 7 in 10 young people experience cyberbullying before they hit the age of 18

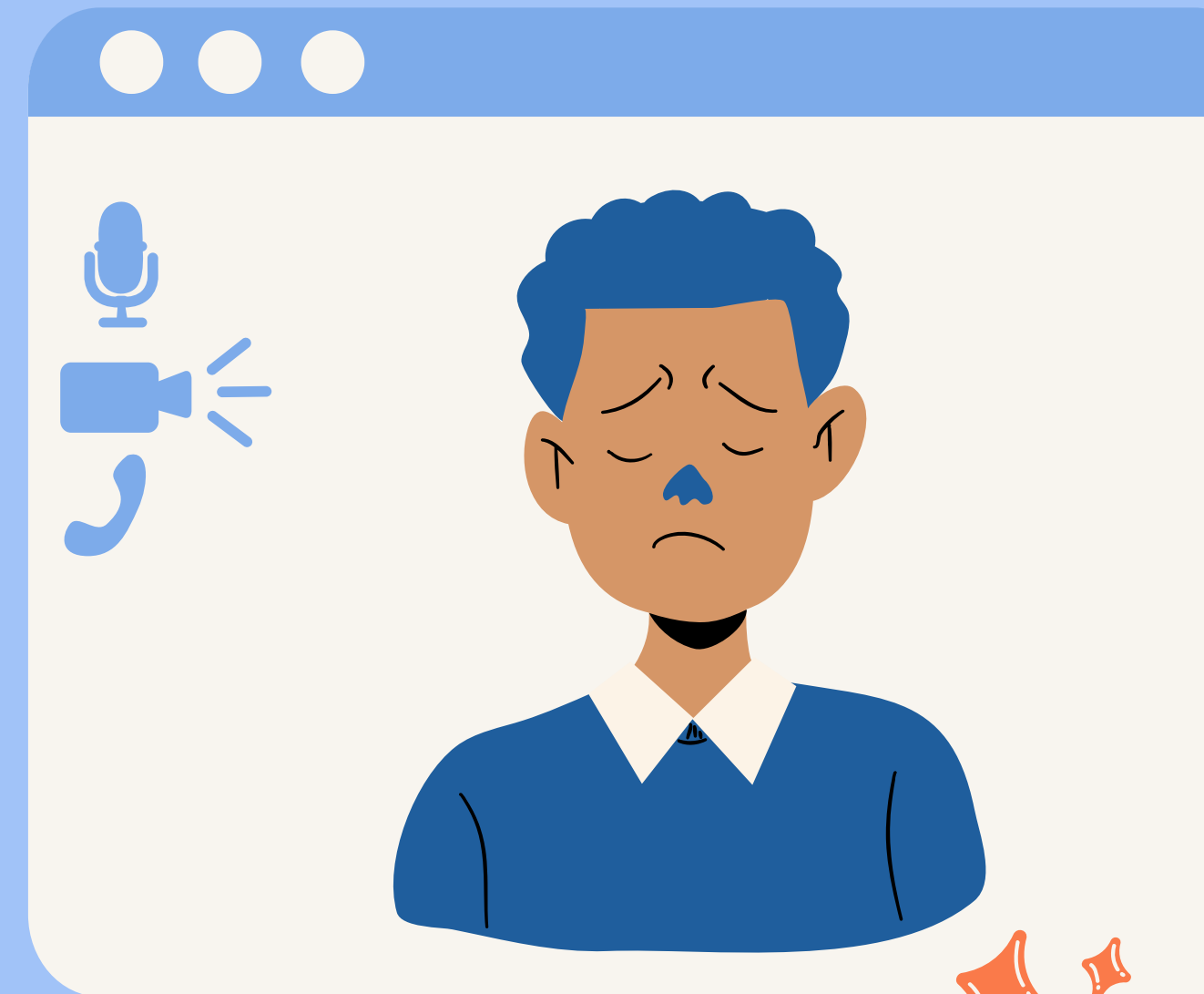


**What are the effects of
cyberbullying?**

WHAT ARE THE EFFECTS OF CYBERBULLYING?

The effects can last a long time and affect a person in many ways:

- mentally - feeling upset, embarrassed, even angry
- emotionally - feeling ashamed or losing interest in the things you love
- physically - tired (loss of sleep), or experiencing symptoms like stomach aches and headaches



What do people get bullied for?

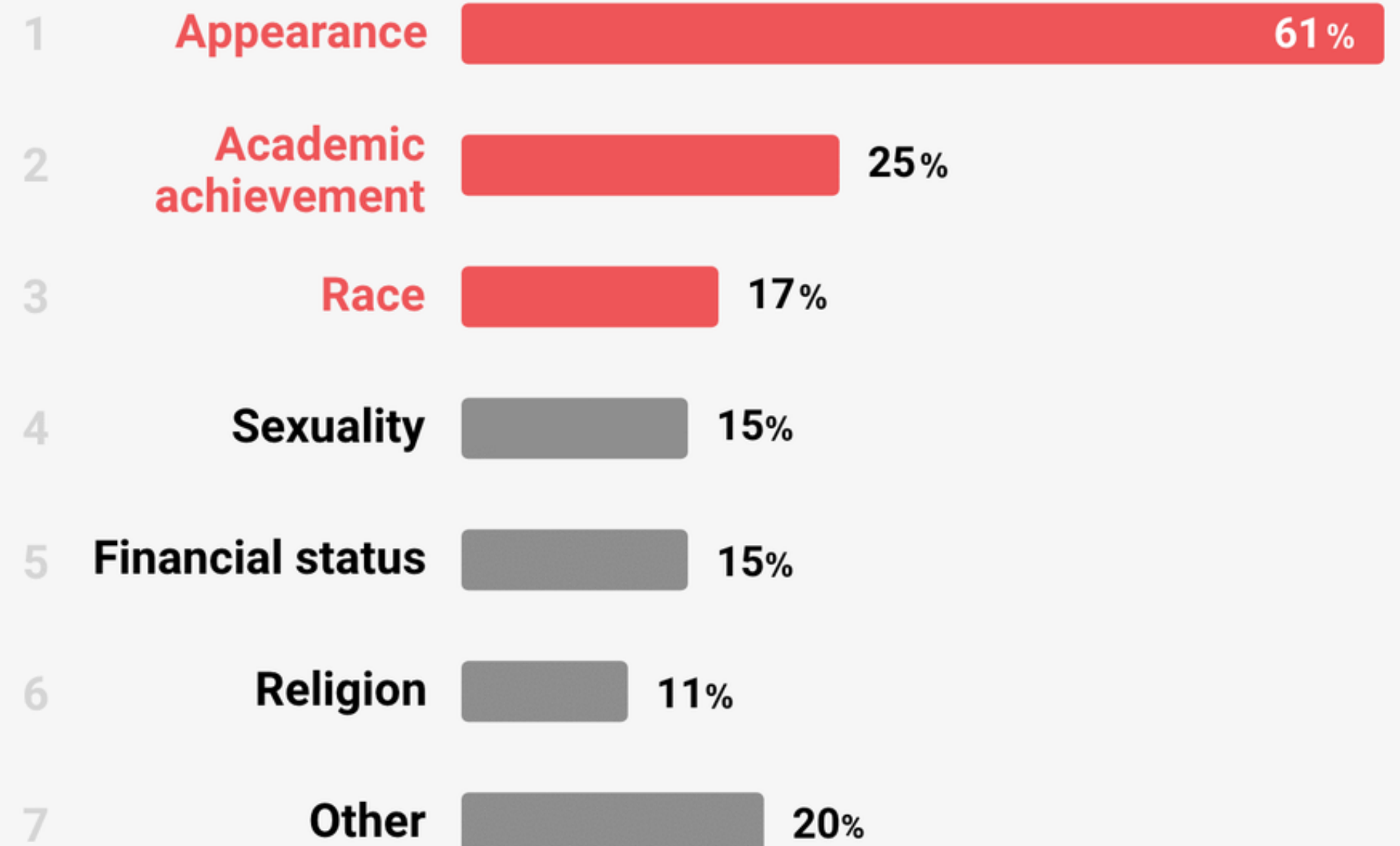
REASONS FOR CYBERBULLYING



Reasons for cyberbullying



Teens who report being bullied say it was because of their:



What are the ways to protect yourself from cyberbullying?

WAYS TO PROTECT YOURSELF



Tell them it's not ok



Block and report the person



Get help from the police if needed



Report the post or image

WAYS TO PROTECT YOURSELF



Seek help from a trusted adult or Kids Helpline



Keep evidence – take some screenshots



Make a report to esafety if the post/image doesn't get removed



Switch off for a while – do something else you enjoy

IF YOU'RE BEING CYBERBULLIED...

It is important to remember:

- It's NOT your fault
- You're not alone
- There is help available
- It's not weak to get help
- There are things you can do
- You can get through this



