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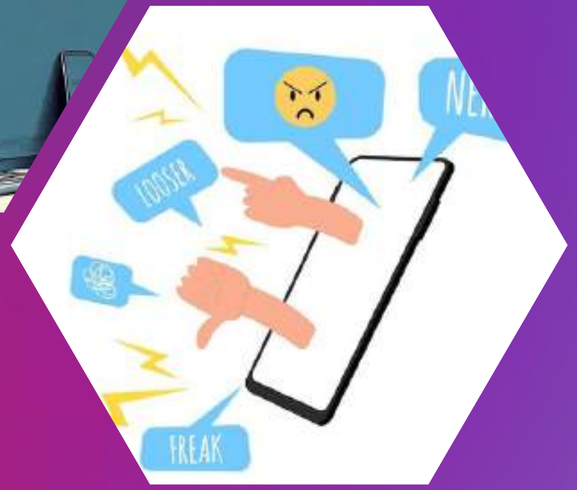
Co-funded by the European Union





# WHAT IS CYBERBULLING?






- online bullying is carried out through mobile devices or the internet.
- it can be public,
- hard to get off the Internet,
- can affect you all the time, even when you're at home

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# WHI IS IT SO AWFUL?

- Lots of people can see what's going on or even participate.

- You may not know who is harassing you because they have created a fake account and are sending messages anonymously.

- It's hard to remove because it's posted on the internet and can easily be picked up or saved by other people






- It's hard to get away if you feel the need to use technology often.
- The content can be seen by many people.
- The content can be found by strangers with a Google search.
- Information posted on the Internet remains online and you no longer have control over it



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# WHAT CYBERBULLYING LOOKS LIKE?



- Receiving malicious messages from known or unknown people.

- Receiving threatening or offensive messages via social media such as Instagram, Facebook or AskFm

- Sending pictures or videos of yourself to others to offend or embarrass you

- Spreading rumors about you via SMS or chat apps like WhatsApp or Viber

- Stealing your passwords to take over your accounts

- Creating a fake profile with your pictures or posting statuses and comments as if they were you



# HOW CAN CYBERBULLYING AFFECT?




- Feelings of guilt
- The person may feel trapped in a situation with no escape
- She may feel alone, as if no one supports her
- She may feel left out
- Feelings of depression, anger and rejection by group
- Feelings of fear and insecurity
- Anxiety and stress

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# WHAT CAN I DO?



- Don't post personal information like your address or phone number or share it with strangers.
- Be careful what type of pictures you post or share. Keep your passwords to yourself.
- Don't even tell your friends.
- Don't reply to messages when you're nervous or upset.
- A response from you may encourage the harasser to continue.
- Log out for a period of time.
- Report and block people who bother you

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# GAMES

1. Make a poster to capture a bullying situation, consequences, solutions.
2. Write a story in which you capture a cyberbullying situation.
3. You are a student experiencing a cyberbullying situation. Narrate the experience in a journal page.
4. Create a cartoon to present a cyberbullying situation
5. Compose a song expressing your disagreement with cyberbullying







