


Cyber Bullying



What is Cyberbullying?

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets. **Social networking sites**, messaging apps, gaming sites and chat rooms such as Facebook, XBox Live, Instagram, YouTube, Snapchat and other chat rooms can be great fun and a positive experience. But what do you do when things go wrong?



Cyber bullying is rife on the internet and most young people will experience it or see it at some time. In our recent **national bullying survey**, 56% of young people said they have seen others be bullied online and 42% have felt unsafe online. Cyber bullying can happen 24 hours a day, 7 days a week and it can go viral very fast.



Why is it a problem?

Cyberbullying can lead to;

Anxiety

Depression

Self Harming

Death/Suicide



Youtube - Cyber Bullies Drove My Daughter to Commit Suicide



Discussion

Has anyone in the room been a victim of Cyberbullying?

Why do people Cyberbully?

Who is at the most risk from Cyberbullying?

What can you do if you or someone you know is being cyberbullied?



Who can you talk to?

In school:

Tutor, Friends, Older students in tutor group, Head of House, Teacher,
Toot Toot, School Counsellors.

Out of School:

Parents, Child Line

