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What is Cyberbullying

Understanding Cyberbullying: Protect Yourself Online!

DEFINITION

Cyberbullying is when someone uses technology to harm or harass others. It can happen through messages, social media, or online games.

KEY CONCEPTS

Types of Cyberbullying

Includes harassment, impersonation, and exclusion from online groups.

Impact on Victims

Can lead to emotional distress, anxiety, and even depression for those targeted.

Reporting Cyberbullying

It's important to report cyberbullying to trusted adults or platforms to stop it.

Preventive Measures

Setting privacy settings and being cautious about what you share online can help.

Bystander Responsibility

Bystanders can help by supporting the victim and reporting the bullying.

EXAMPLES

- Receiving hurtful messages on social media.
- Someone creating a fake profile to spread rumors.
- Being excluded from an online game group.

MEMORY TIPS

- ★ Remember 'STOP' - Stop, Talk, Observe, and Protect.
- ★ Think of 'SAFE' - Stay Alert, Focus on kindness, and Educate others.
- ★ Use the acronym 'HELP' - Help others, Encourage reporting, Listen, and Protect yourself.

COMMON MISTAKES

- ✗ Ignoring the problem instead of reporting it.
- ✗ Responding with anger instead of seeking help.
- ✗ Assuming it's not serious because it's online.

QUICK RECAP

Cyberbullying involves using technology to harm others. It's crucial to recognize it, report it, and support those affected to create a safer online environment.