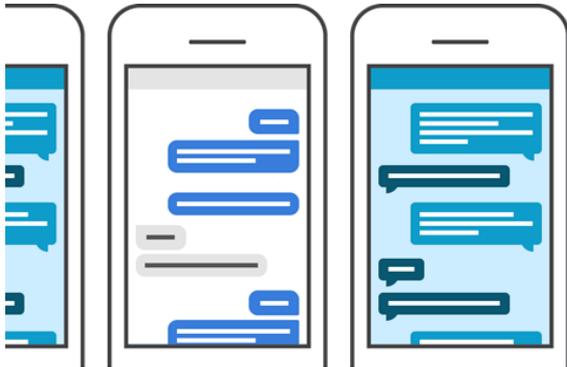


WHAT IS CYBER BULLYING?



Cyberbullying is when someone is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another using the Internet, mobile phones or a form of technology.

[CONTACT PSNI FOR HELP](#)



HOW DOES CYBER BULLYING WORK?

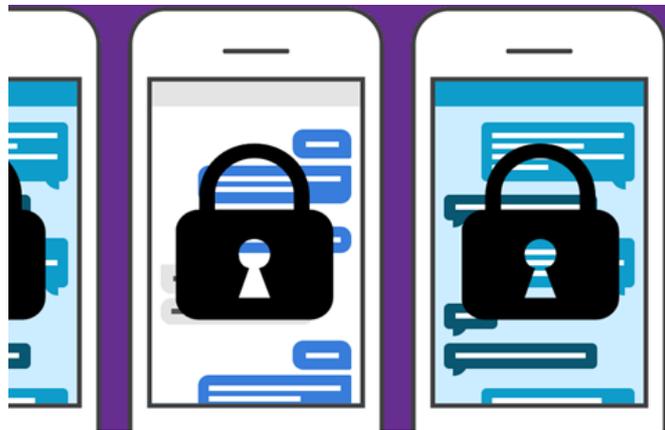
There are two kinds of cyberbullying; direct attacks and cyberbullying by proxy. Direct attacks are messages sent directly to you, whilst cyberbullying by proxy is using others to help cyberbully, either with or without the accomplice's knowledge.

TAKE 5



1. Put down the mouse and step away from the computer....take 5 minutes to think!
2. The internet and mobile technology are very powerful. But if misused, they can also be dangerous to yourself and others.
3. When people act out of anger, frustration or fear things get out-of-hand quickly. Emotions create a situation where we click before thinking. We don't think about how the person on the other end could misunderstand our message or our intentions.
4. By not reacting and taking the time to calm down, we can avoid becoming a cyberbully ourselves. If you are the victim of bullying, speak to someone.
5. What can we do for 5 minutes to help us calm down? Get some exercise, call to a friend's house....

HOW CAN I PROTECT MYSELF FROM CYBER BULLIES?



Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.

Think about who can see what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.

Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and what isn't okay to do. They care about you and want you to be safe.

Talk to an adult you trust about any messages you get or things you see online that makes you sad or scared. If it is cyberbullying, report it.

Bullying itself is not illegal, but if you have been bullied you may be the victim of other offences.

Contact us, or speak to someone you trust.

[CONTACT PSNI FOR HELP](#)