



Cyber4Kids

LESSON 6. Cyberbullying

By following these cyber security tips you'll become a Cyber Superhero and activate a magical object – the AMULET OF FRIENDSHIP! It will protect you from those who mistreat you online!



1

WHAT IS CYBERBULLYING? When someone misbehaves online, becoming a bully - a person who wants to upset you or laugh at you.

For example, he writes annoying messages or threatens you, tells lies about you or gives you mean nicknames, and even urges other people to bully you.

Or try to fool others online by pretending to be you and posting offensive information, photos or videos without your knowledge or consent.

2

HOW DO YOU PROTECT YOURSELF?

Always follow these tips:

- **talk to a friend but most importantly to a trusted adult** - your parents, a relative, the teachers can help you;
- **do not reply to messages, comments or posts from bullies** – if someone upset you, it is possible to say things you'll regret later;
- **block and report bullies** – they will no longer be able to send or post unpleasant things;

- **gather evidence** – keep, by saving or taking a screenshot, the malicious emails, messages, images or videos you receive and show them to your parents;

- **always reconsider what you post online** – bullies can use what you posted against you, or forward to others and make fun of you. And don't post anything that could hurt someone;

- **do not appreciate or forward** messages or posts in which someone laughs at a person or says bad things about them – if you do that, you become a bully too;

- **never tell the passwords to your account** – even children who seem to be your friends could use them to access your accounts, post unpleasant things or send malicious messages on your behalf.



PARENTS' PAGE



1. COMMUNICATION IS ESSENTIAL! Constantly encourage your child to talk to you about online experiences and let them know that they can turn to you for any problem, every time something that upsets them happens or makes them uncomfortable. And for the "backup option" (despite our openness and effort, it may be easier for the little ones to talk to someone else) tell them that it's ok to talk to someone both of you trust (a friend, relative, educator).



2. "IT'S OK, IT WILL PASS!" IS NOT A SOLUTION. Cyberbullying can make children feel ashamed and withdraw into themselves, with real mental (sadness, anger), emotional (apathy, loss of interest in things they used to like) and even physical effects (fatigue, insomnia), which in extreme cases can lead to suicide. By communicating openly and paying close attention to cyberbullying, you can help your child regain his trust and wellbeing.



3. REPORT, BLOCK, PROVE. Social media platforms (TikTok, Facebook, YouTube, Instagram, WhatsApp) allow blocking and reporting of users and / or content and comments posted by them. In cyberbullying situations, you either carry out these processes with the little one, or you teach him how to report and block the bullies and their messages on their own. Also, collecting evidence (text messages and screenshots of social media posts, including media files) can be useful in the long run to demonstrate aggressions.



4. PREVENTIVE MEASURES. As much as possible, monitor the child's online activity, respectively the comments received on what he posts. For its protection, in online accounts the privacy settings must be those of a private account, limiting only to the list of friends the audience that can see what they post and comment or send messages.



5. THE FACESE OF CYBERBULLYING. The fear that the little one will become a victim of cyberbullying is founded nowadays, but do not forget that there are also the roles of **bully** or **witness**. The child needs to understand that cyberbullying is not fun and not every action or word said online can fall into the "It was a joke!" category. The main message? To treat others as he/she would want others to treat him/her!

And if he/she is witnessing a case of cyberbullying - whether the victim is a known person or not - not to become an accomplice witness encouraging the bully's behavior (through distribution, likes, etc.), but to be a protective witness (to support the victim with messages of support, to report the bullying / bully).