

Cyberbullying

What it is

- Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted. Examples include:
- spreading lies about or posting embarrassing photos of someone on social media
- sending hurtful messages or threats via messaging platforms
- impersonating someone and sending mean messages to others on their behalf.
- Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.

Signs

- Students may become withdrawn, they may not attend school, they may either become addicted to the phone or not want to use the phone.

What to do

- Report the incident to the HOY (they will inform you if this needs to be logged on CPOMS)
- Inform students to take screen shots of the messages as these can be used as evidence
- Never view images or messages that are of a sexual nature

Useful Websites

- <https://www.bullying.co.uk/cyberbullying/how-to-deal-with-cyberbullying/>
- <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

Questions

- What is meant by cyberbullying?
- What should you do if you are being cyberbullied?
- Can you get in trouble with the police for cyberbullying?