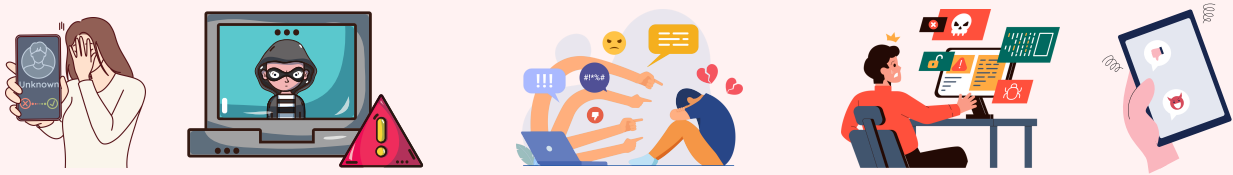
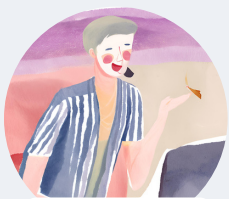


# CYBERBULLYING

The internet is a great place to discover ideas, meet people, and share experiences. Unfortunately, some people can be unkind online, which is called cyberbullying. This happens when someone uses digital platforms like social media or messaging apps to be mean or disrespectful. Knowing how to identify and respond to cyberbullying can make online spaces safer and more fun for you and your friends. Remember, if you're under 13, always ask an adult to help you use social media safely!



Adil is learning about different types of cyberbullying, but the information he has is all jumbled up. Can you help him by matching each type of cyberbullying with its correct definition?



Impersonation



Cyberstalking



Exclusion



Cyberharassment



Outing

Repeatedly sending mean or threatening messages to someone online to upset them.

Pretending to be someone else online to post or send hurtful messages that damage their reputation.

Constantly watching or following someone online in a way that feels scary or threatening.<sup>1</sup>

Sharing someone's private information or pictures online without their permission, causing embarrassment.

Leaving someone out of online groups, games, or chats on purpose to make them feel left out.

# STOP CYBERBULLYING

Knowing how to respond to cyberbullying is important for staying safe online. If you think you or someone you know is being bullied, the first step is to seek help from someone you trust such as your parents, a close family member or another trusted adult (like your parents and teachers). Reporting harmful posts or accounts can also help stop the bullying. Learning these actions helps make the internet safer for everyone.



Adil and his friends are reading a story. Can you help them identify the strategies that are used in it to respond to cyberbullying?

One day, Maya received a mean message on social media. It made her feel sad and hurt, but instead of replying, she decided to ignore the message and block the person who sent it. She knew it was important to talk to someone she trusted, so she reached out to her older sister and shared what happened. Her sister listened, reassured her, and reminded her that the comments weren't true. Together, they also reported the user on the platform to help stop the bullying. To be extra safe, they called the cyber crime police helpline at 1930 to report the incident. The person then gave Maya advice on how to handle cyberbullying in the future. Talking about it helped Maya feel much better, and she felt proud of herself for handling the situation safely and calmly.



## Helpful Information



- If you are not comfortable talking to someone you know, talk to a professional counsellor and call the cyber crime police helpline at 1930
- If bullying happens on social media, block the person and report their behavior directly on the platform. Social media platforms have a duty to keep users safe.

# JOKES VS. BULLYING



Adil noticed that sometimes his friends make jokes about each other online. While they usually laugh along, there are moments when someone feels uncomfortable or hurt. When does a joke cross the line and become bullying? Sometimes, it's easy to confuse jokes with bullying - but there is a difference!

## JOKES

HA HA  
HA!

They are fun for everyone!

They do not try to single out or humiliate someone.

It happens in a light-hearted environment, where there is mutual respect.



## CYBERBULLYING



Words or actions make someone feel hurt, scared, or left out.

Cyberbullying often targets someone repeatedly through taunts and insults.

It happens in intimidating contexts, where there is no mutual respect.



### Self-Reflection Checklist: Am I Making Jokes or Cyberbullying?

Use this checklist to reflect on your own online behavior, and make sure you're engaging online in a way that's positive, respectful, and mindful of others. Avoid engaging in cyberbullying!

- Have I checked whether the person involved is okay with this kind of humor?
- Could my words or images be interpreted as hurtful, or disrespectful?
- Am I posting this to make someone laugh with them or at them?
- When I joke, do I pay attention to how others respond?
- Would I feel comfortable if someone made a similar comment about me?
- If someone seems hurt by something I said, do I apologize?



If you notice someone cyberbullying in online groups, what steps can you take?

1. Report the bully on the platform and reach out to a trusted adult if needed.
2. Offer support to the person being bullied.
3. Encourage group norms of respect and friendly interaction.
4. If bullying continues, call out the bully in the group, with the consent of the person being bullied.

# SAFER SPACES



## Did you know?

One in three young people in 30 countries said they have been a victim of online bullying, with one in five reporting having skipped school due to cyberbullying and violence according to a poll released in 2019 by UNICEF and the UN Special Representative of the Secretary-General (SRSG) on Violence against Children.



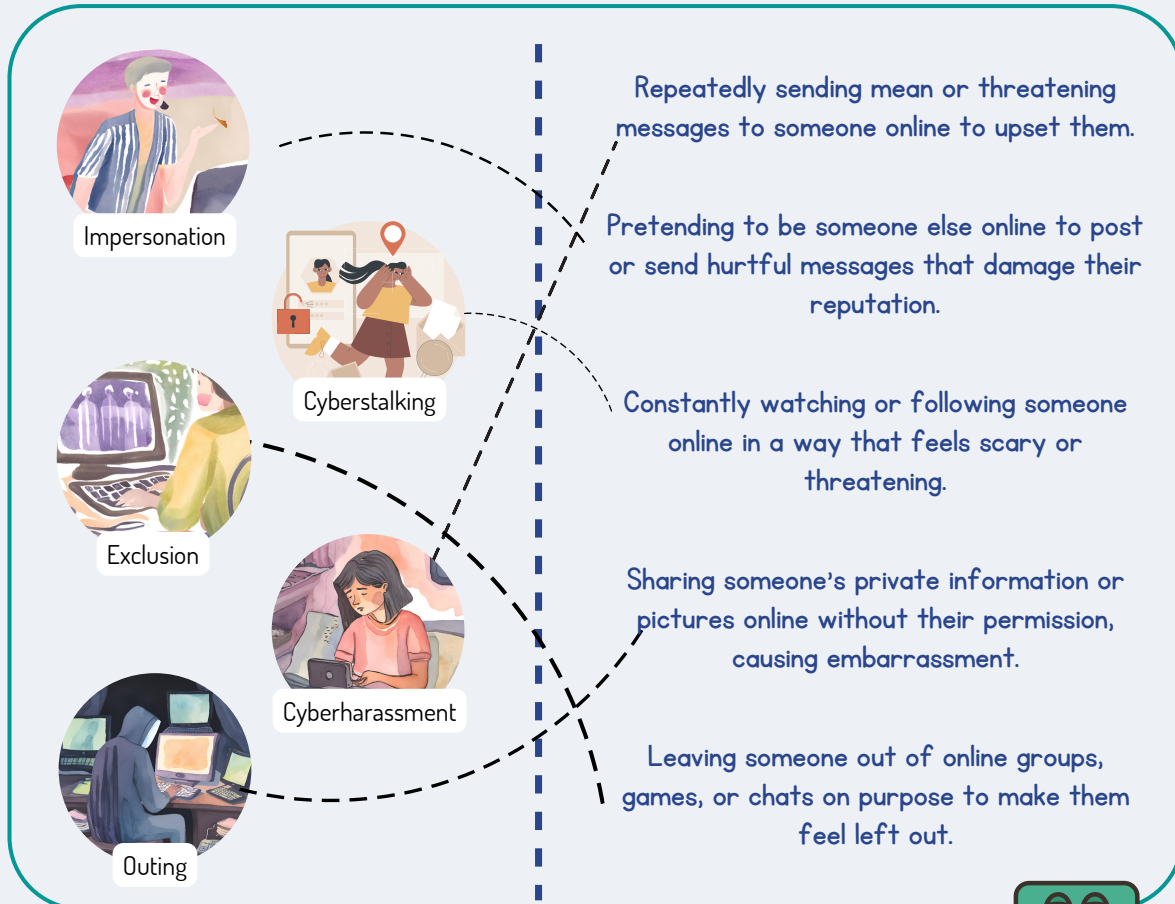
Use this Bingo to learn positive ways to respond to cyberbullying and make online spaces safer for everyone. Mark off each square as you practice these actions or see them in action!

Blocked someone who was mean	Reported a mean comment	Ignored a rude message instead of replying	Told a trusted adult about cyberbullying
Reminded a friend to be kind online	Asked someone to stop posting mean comments	Gave someone a compliment online	Helped a friend who felt bullied online
Took a break from the internet	Stood up for someone being bullied	Stayed calm instead of reacting angrily	Played a game fairly and kindly
Practiced positive self-talk	Included all my friends in an online game	Reported a fake account/impersonation	Learnt about staying safe online

Remember, online spaces can only be made safe if all of us work towards eliminating cyberbullying and actively supporting each other!

# ANSWER KEY

## CYBERBULLYING



## STOP CYBERBULLYING

One day, Maya received a mean message on social media. It made her feel sad and hurt, but instead of replying, she decided to ignore the message and block the person who sent it. She knew it was important to talk to someone she trusted, so she reached out to her older sister and shared what happened. Her sister listened, reassured her, and reminded her that the comments weren't true. Together, they also reported the user on the platform to help stop the bullying. To be extra safe, they called the cyber helpline at 1930 to report the incident, the person then gave Maya advice on how to handle cyberbullying in the future. Talking about it helped Maya feel much better, and she felt proud of herself for handling the situation safely and calmly.