# CYBER BULLYING FACTSHEET

Cyber-Bullying is a type of bullying which can involve the victim being harassed, humiliated, embarrassed or otherwise targeted via the internet, social media or by mobile phone.

- Spreading malicious and abusive rumours and gossiping
- Emailing or texting you with threatening or intimidating remarks
- Harassing you repeatedly
- Intimidation and blackmail
- Stalking you on-line and continually harassing you
- Posting your private details on-line without consent
- General Bullying or Stalking
- Setting up a false profile, Identity fraud or identity theft
- Using gaming sites to attack or bully you
- Theft, Fraud or deception over the internet

Top 4 raised acts of cyber-bullying

1. Mobbing (a group or gang that target you)
2. Posting embarrassing or humiliating images or videos without your consent
3. Grooming (enticing or goading you on-line to self-harm or commit a crime)
4. Flaming – This is when someone is purposely using extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

**Of all the social networks, students on Snapchat are the most likely to be bullied at 69%, TikTok at 64%, and Facebook at 49%.**

**BEFORE YOU...** 

# THINK!

**T** – IS IT **TRUE?**
**H** – IS IT **HURTFUL?**
**I** – IS IT **ILLEGAL?**
**N** – IS IT **NECESSARY?**
**K** – IS IT **KIND?**

BULLYING ENDS NOW

# TALK TO BEN

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# BULLYING ENDS NOW!

EMAIL BEN IF YOU ARE BEING BULLIED OR IF YOU ARE WORRIED ABOUT SOMEONE BEING BULLIED.

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