

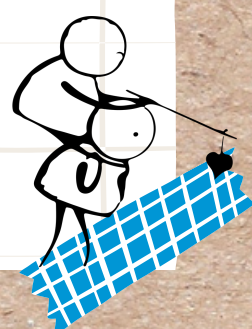
SYBA CAN HELP PREVENT AND HEAL FROM CYBERBULLYING

Learn more about cyberbullying with us!!

DEFINITION

Cyberbullying = bullying that takes place over digital devices like cell phones, computers, and tablets.

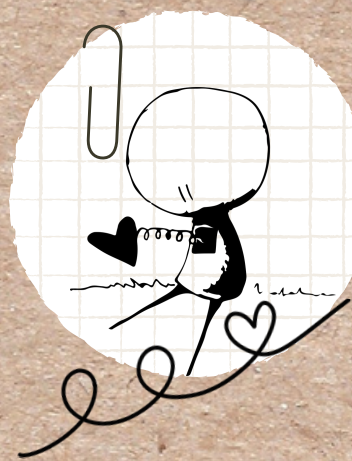
Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else, causing embarrassment or humiliation.



The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Instant messaging, direct messaging, and online chatting over the internet
- Text messaging and messaging apps on mobile or tablet devices
- Online forums, chat rooms, and message boards, such as Reddit
- Online gaming communities
- Email

“Cyberbullying is Persistent, Permanent and Hard to notice”



WHAT ARE SOME SIGNS

- Noticeable difference in use of their device(s).
- Appears nervous or jumpy when using their device(s). For example, tries to hide it or avoid talking about it.
- Appears uneasy about going to school or outside in general.
- Appears to be angry, depressed, or frustrated after going online.
- Becomes abnormally withdrawn from friends and family.
- ...

Cyberbullying can harm the online reputation

of everyone involved –

not just the person being bullied,

but those doing the bullying or participating in it.

EFFECTS DIFFERENT FROM TRADITIONAL BULLYING

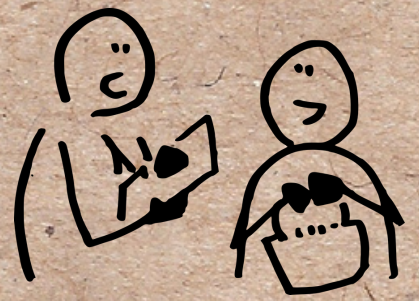
1. It can be difficult for children experiencing cyberbullying to find relief. Digital devices offer the ability to immediately and continuously communicate 24 hours a day.
2. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

For example: When explicit photographs or videos are uploaded to social media websites as a form of bullying, it is extremely tough to delete or make this type of material disappear from the Internet for everyone to find.

3. When a child is bullied at school or on the playground, he knows who his bully is. The "anonymity" associated with cyberbullying often leaves the victim feeling like he/she has no recourse.



Cyberbullying will keep evolving as new technology rises, and so should methods to not only react against cyberbullying but also to be proactive and stop cyberbullying before it happens.



HOW TO HELP

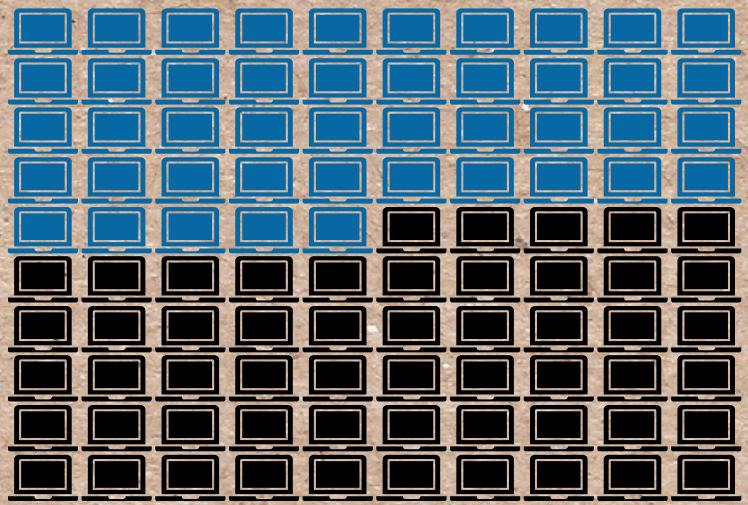
NOTICE: RECOGNIZE IF THERE HAS BEEN A CHANGE IN BEHAVIOUR/ MOOD.

TALK: OPEN UP THE CONVERSATION. ASK QUESTIONS. PROVIDE A SAFE ENVIRONMENT FOR TALKING AND LISTENING.

DOCUMENT: KEEP A RECORD OF WHAT IS HAPPENING. TAKE SCREENSHOTS OR RECORDINGS OF THE CONTENT. IF POSSIBLE. THIS COULD BE VERY VALUABLE EVIDENCE

REPORT: REPORT THIS BEHAVIOUR TO A CONFIDANT, SOCIAL MEDIA PLATFORM, SCHOOLS AND EVEN TO THE POLICE.

SUPPORT: OFFER SUPPORT IN ANY WAY POSSIBLE! FOR EXAMPLE TRY TO SHIFT THE CONVERSATION IN A + DIRECTION WITH A POSITIVE COMMENT ABOUT THE PERSON BEING BULLIED.



IN A 2021 STUDY OF A NATIONALLY-REPRESENTATIVE SAMPLE OF APPROXIMATELY 2,500 MIDDLE AND HIGH SCHOOLERS IN THE U.S., 45.5% SAID THEY HAD BEEN CYBERBULLIED DURING THEIR LIFETIME.

“It is okay to ask for help and talk about it. whether this is with a specialist, a friend or a family member. It is never too late to take charge of your life!”



CYBER INSURANCE. IT EXISTS!

Getting a Cyber insurance can help a victim of a cyberbully, pay for counseling, provide security measures to stop it, and even protect the parents if the child/ adolescent is the one doing the bullying



CONDEMN THE BEHAVIOR

LET US HELP WITH BEING INCURRED AND STOP CYBERBULLYING. CALL US AND LET US HELP TAKE ACTIONS

LEARN HOW TO USE YOUR ACCOUNT AND PRIVACY SETTINGS WITHIN EACH DEVICE, APP, OR NETWORK. IN ORDER TO CONTROL WHO CAN CONTACT AND INTERACT WITH YOU, AND WHO CAN READ YOUR ONLINE CONTENT.

BY DOING THIS YOU CAN SIGNIFICANTLY REDUCE YOUR VICTIMIZATION RISK AND THAT OF THE PEOPLE AROUND YOU.



RESOURCES:

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