

Unlock WIZARD

COVID-19

CCI
SPECIAL

CYBER BULLYING

It's time we take
mental health
seriously

It is easier to build strong children
than to repair broken men

Frederick Douglass



#37
ENGAGE
SERIES



Don Bosco National Forum for the Young at Risk

Easy access to technology has definitely made our life easy but the side effects of same cannot be ignored.

With the present scenario of COVID -19 even small children are having access to technology.

Are they aware about the pro's and con's of technology?? are they mature enough to understand it?? Such are the common questions every parent needs to address.

Cyber bullying is one such disadvantage of technology. Cyberbullying or cyber harassment is a form of bullying or harassment using electronic means. It is also known as online bullying. It has become increasingly common, especially among teenagers, as the digital sphere has expanded and technology has advanced .

Its time we acknowledge such issues and support our children to fight against it.

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Kids Help.com



Cyber Security Malta

THEY MAY
STOP
hanging around with
FRIENDS OR



LOSE INTEREST IN **SCHOOL** OR
SOCIAL ACTIVITIES.

**Some
warning signs**

that a young person
might be being

BULLIED
OR
CYBERBULLIED

Suddenly
RECEIVE
LOTS of
TEXT
MESSAGES



UNHAPPY
AFTER ^{they have} been on the
COMPUTER
OR **CHECKED** their
PHONE MESSAGES

Online Bullying

Online bullying (also known as *cyberbullying*) is any form of bullying that involves the use of technology, including the Internet, mobile phones, social media sites and online games.



Recognising Unacceptable Behaviour



Online bullying can happen anywhere, anytime and to anyone. It is important to be able to recognise the warning signs of online bullying and unacceptable behaviour.

!@#?

Sending nasty messages or being unkind about someone on an open-space, e.g. Facebook



Posting personal photos, videos or information to purposely upset or embarrass someone



Spreading rumours or gossip via social media sites, email or text message



Creating a fake profile or website to make fun of someone

How to Stop Online Bullying



NEVER respond or retaliate to hurtful messages. The bullies want a reaction, and giving one will only worsen the problem.



SAVE or screenshot any nasty emails, texts or posts, so that you have evidence of the bullying.



BLOCK the bullies so they can't communicate with you, and log off the site where the bullying is taking place.



REPORT any incidents to a trusted adult (such as a parent or teacher). You should also report abuse to the moderator or administrator of the website or platform on which the bullying is happening.



TALK to a family member or trusted friend about what has happened. Remember, if you've experienced online bullying: it's never your fault.



If you know someone who is being bullied, don't remain silent. Become an upstander; speak out, report it and help to stop the problem.

SHORELINE COMMUNICATIONS

7 TYPES OF CYBERBULLYING

Cyberbullying: The electronic posting of mean-spirited messages about a person often done anonymously.

Learn more at shorelinecommunications.com



EXCLUSION

Exclusion is the deliberate act of excluding someone from an online group.



GOSSIP

Posting or sending cruel gossip to intentionally damage a person's reputation and/or relationship with family, friends, and coworkers.



FRAPING

Logging into someone else's social networking account or email and impersonating that person by sending or posting inappropriate content in their name.



HARASSMENT

The constant and intentional posting or sending of offensive, cruel, threatening, or insulting messages/content to an individual.



CYBERSTALKING

Posting or sending unwanted or intimidating messages to an individual that extends to making real threats on an individual's physical wellbeing and/or safety.



OUTING & TRICKERY

The deliberate act of tricking someone into revealing personal or embarrassing information, which is then shared publicly to humiliate the individual.



FAKE PROFILES

A fake profile may be created so an individual can hide their real identity with the intention of cyberbullying an individual. This can also lead to Catfishing.

PARENTAL GUIDE ON HOW TO DEAL WITH CYBERBULLYING.

1 AVOID FAST AND THOUGHTLESS ACTIONS

They can make the situation worse for your child. For example, public response or involving authorities may lead to the escalated exclusion of your child from the peers' community.

2 INVOLVE YOUR CHILD'S PERSPECTIVE

To avoid such consequences, you must involve your child's perspective and, if possible, someone else's as well. Cold and emotionless reviewing of all facts will help you to find the best possible way to deal with the issue. Do not forget to inform your child about what exactly are you going to do.

3 DO NOT REPLY TO THE ABUSER

Tell your child that replying to harassing messages will encourage the bully to continue annoying the target. Showing vulnerability leads to more harmful attacks. Thus, ask your child to pretend that all those unpleasant messages, threats, and spreading rumors mean nothing to him/her. Bullies are not interested in harassing if their targets are not getting upset.

4 BLOCK THE BULLY ELECTRONICALLY

Smart devices have numerous means to block and blacklist emails, texts, calls, or messages from specific senders. Do not forget to report those messages as spam to service providers and prevent all new attempts of contacting the victim using different numbers or social media accounts. It takes seconds to block a new channel of communication so use this option.

5 KEEP ALL EVIDENCE OF BEING VICTIMIZED

The records of annoying messages along with dates and time may be needed in case of possible school investigation.

6

TEMPORARILY LIMIT ACCESS TO DEVICES

Some children just cannot stop checking all new messages even though they are hurtful. Consider allowing the child's use of computer in the places where you can control it. Set parental control options where available. All these actions should be discussed with your child first and you must explain the necessity of temporary control over their online life.

7

DO NOT INSIST ON CLOSING ALL ACCOUNTS

Although online harassing threat will be eliminated, the kid may become isolated or even marginalized in their peers' context. You will become the cyberbully for your child. Avoid this by all means and do not exclude a young boy or girl from socializing completely.

8

ASK YOUR CHILD TO ADD YOU TO "FRIENDS"

However, do not abuse this option by constant posts or comments on your child's profile page since you need to just be aware of any possible acts of public cyberbullying and have the possibility to react instantly.

9

MAKE SURE THAT CHILD ISN'T BULLIED OFFLINE

In such a case, removing online channels of communication will not solve the problem. You have to teach your kid how to deal with bullying in the real world or even seek for proper punishment for bullies.

10

BE READY TO TAKE LEGAL ACTIONS

Be ready to take legal actions if you know that an adult is involved in cyber-harassing of your kid. This may be treated as cyberstalking which is the crime and may lead to relevant legal consequences and even jail sentence.

11

REMEMBER THAT PUNISHMENT IS NOT A GOAL

You must be focused on prevention or elimination of negative psychological and physical effects on your child. Ensure the growth of resilience in your child and finally convince him/her that even such an unpleasant experience is still the lesson in life which makes people stronger.

FIVE ONLINE SAFETY TIPS FOR PARENTS OF KIDS AGED 2 - 10



1

INTRODUCE TECHNOLOGY GRADUALLY

- Start slow – e.g. gaming offline, using chat apps on your own device, signing up with a family email address, etc.
- Encourage them to build up trust before getting their own smart device, and keep a close eye on things when they are online.
- Check out PEGI ratings to find out the age for which each game is appropriate.



2

CREATE HEALTHY HABITS

- Keep devices out of bedrooms and avoid using them at all for 1 hour before bedtime.
- Make mealtimes tech-free.
- Make it normal to talk about what they do, see and hear online.
- Think about your own online use and the example it sets.



3

CHECK OUT PARENTAL CONTROLS

- Explore parental controls – they exist on most devices.
- Use child friendly versions of apps e.g. YouTube Kids but remember these are not foolproof.
- Use SafeSearch options on search engines (e.g. Google, Bing).
- Check out controls on games, especially chat settings.



4

START THE CONVERSATION NOW

"What kind of things do you like doing online?"

"You can always talk to me if you see or hear anything that worries you."



5

DO FUN STUFF TOGETHER!

- Check out apps and games for a younger audience that can promote creativity such as Toca Boca or CBeebies.
- Sign your child up for a local CoderDojo group in your area.
- Sit down with them and watch their favourite videos, then chat about them.



10 INTERNET SAFETY TIPS FOR PARENTS

1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.

2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.

3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.

4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.

5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).

6 Help your child learn to **filter** information online and navigate fact from fiction.

7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.

8 **Balance** green time and screen time at home. Focus on basic developmental needs.

9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

10 **Learn more:** Explore reliable resources for parents so you can educate yourself.



[CLICK TO WATCH](#)

**Top 10 Forms of
Cyber Bullying**



[CLICK TO WATCH](#)

**Protect Yourself Rules
Cyber Bullying**



[CLICK TO WATCH](#)

Cyber Bullying



KEY WORDS TO SEARCH

1. **Who to contact for cyber bullying?**
2. **Helpline for cyber bullying?**
3. **How to prevent cyber bullying?**
4. **How to talk to your child about cyber bullying?**
5. **How to teach your child to protect himself/herself from cyber bullying?**
6. **Psychological effects of cyber bullying.**

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



Don Bosco National Forum for the Young at Risk

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