

Activity for Children

WHAT ADVICE WOULD YOU GIVE TO A FRIEND BEING CYBERBULLIED?

Your friend Jan is being cyberbullied on a game she plays online. She asks you what she should do. Write down 3 things you would tell her.

1.

2.

3.

Glossary

There are some words in this comic script that young people in your family may know, but as a parent, you may not be familiar with. We have included this short glossary so that you understand the terms that your child may be using:

Cyberbullying: is when someone uses technology to bully someone. Cyberbullying can happen anywhere at all hours of the day and night.

Block: When you block someone on social media it stops them from seeing your posts on that social network. Blocked users can't see your posts or contact you.

Message: This is when you communicate with someone privately on social media.

Privacy: Most websites allow you to control how much of your information can be seen by others. Before you post anything on social media make your profile settings private. This means that only people you are connected with can see your posts.

Online: This means that you are connected to the internet.

Report: This allows you to tell the social media platform that you have seen something that is against the rules like cyberbullying. You might need an adult to help you report something.

App: This is short for 'application' and an app can be installed on a computer, tablet or phone. Instagram, Tik Tok and YouTube are apps.

Social media: These are websites and apps that connect people to each other. Users can post comments, and share information, videos, and pictures. Instagram, Facebook, YouTube and Tik Tok are examples of social media.

Tips for Parents

Cyberbullying is bullying that happens online. It's a little different to face to face bullying as it can be hard to escape because the bully can contact the victim at any time. Some people may say things online that they wouldn't say to someone's face. They may not realise what they are doing is cyberbullying. To prevent cyberbullying, talk to your child about their online behaviour. Emphasise that they should always **stop and think** before they share anything online. Give them guidelines to follow when they are online.

Online guidelines

- Don't send, post, or share anything that might hurt someone else.
- Everything you post online can be shared publicly.
- Don't share your passwords and set your social media accounts to private.
- Don't share personal information like your address, phone number or where you go to school.
- If something upsets you online, don't keep it to yourself and tell an adult.

You should also discuss what your child should do if they are being cyberbullied or see someone being cyberbullied.

What to do if you are being cyberbullied

1. Do not reply to any messages or posts- You might be upset and want to say something back, but this could make it worse.
2. Block the sender- If someone sends you messages that upset you, block them so they can't contact you again.
3. Keep the messages or posts- Show them to an adult.
4. Tell someone you trust- If you are being bullied don't keep it a secret. It's not always easy but talking about it will help.
5. Report- Most websites have ways to report bullying or nasty posts. Ask an adult to help you report anything that upsets you.

Uniting against Cyberbullying



FAMILY FOOTPRINTS

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FAMILY FOOTPRINTS

1

SOMEONE KEEPS SENDING ME NASTY MESSAGES ONLINE.

OH NO, THAT'S AWFUL. THAT'S **CYBERBULLYING**!

2

WHAT'S **CYBERBULLYING**?

IT'S WHEN SOMEONE BULLIES YOU ONLINE. THEY MIGHT POST MEAN THINGS ABOUT YOU OR SEND YOU HORRIBLE MESSAGES.

7

I WAS SCARED BECAUSE I DIDN'T KNOW WHAT TO DO. NOW I FEEL BETTER. THANKS, TROLO AND AVA!

8

NO PROBLEM! **CYBERBULLYING** IS SCARY BECAUSE THE BULLY CAN SEND YOU MESSAGES AT ANY TIME.

3

I WAS SAD, BUT NOW I'M ANGRY! I WILL SEND THEM A MEAN MESSAGE BACK.

3

WHAT'S **CYBERBULLYING**?

IT'S WHEN SOMEONE BULLIES YOU ONLINE. THEY MIGHT POST MEAN THINGS ABOUT YOU OR SEND YOU HORRIBLE MESSAGES.

9

I WAS AFRAID TO TELL ANYONE.

10

AVA IS RIGHT. DON'T KEEP BULLYING A SECRET. TALKING ABOUT IT WITH AN ADULT WILL HELP.

ALWAYS TELL AN ADULT IF SOMETHING HAPPENS ONLINE THAT UPSETS YOU.

4

EVEN IF SOMEONE IS MEAN TO YOU, DON'T BE MEAN BACK.

DON'T REPLY. IT MIGHT MAKE IT WORSE.

5

OH, I DIDN'T KNOW. WHAT SHOULD I DO?

STOP

BLOCK THEM SO THEY CAN'T SEND YOU ANY MORE MESSAGES.

11

THANKS FOR YOUR HELP! I WILL **BLOCK THE BULLY** NOW AND TALK TO MY MUM STRAIGHT AWAY.

CYBER BULLYING STOP

6

SAVE THE MESSAGES TO SHOW TO AN ADULT.

YOU SHOULD ALSO REPORT THE BULLYING TO THE WEBSITE.

12

GREAT COOKIE! WE NEED TO **STAND UP TO CYBERBULLYING** SO WE CAN MAKE THE INTERNET A SAFER PLACE.