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Kiwi's Guide to Cyberbullying

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Defining Cyberbullying

Cyberbullying is defined as the use of information and communication technologies (email, cell phones) to support deliberate, repeated and hostile behaviour by an individual or group, with the intent to cause harm.

The official definition according to the National Crime Prevention Council is: When the Internet, cell phones or other devices are used to send or post text or images intended to hurt or embarrass another person.

What do Cyberbullies do?

- Send mean emails in an attempt to bother and threaten someone
- Posts images of someone (or groups) online in an attempt to embarrass them
- Takes a photograph or video of someone and posts it without their consent
- Befriends someone via email or instant message in an attempt to learn their personal information, which is then used maliciously
- Break into someone's email or social network account in order to steal personal information

How to deal with a Cyberbully

- 1.) Don't erase or delete messages from a cyberbully. Keep them as a record of the malicious behaviour in case you need it.
- 2.) Never engage or respond to a bully. Bullies want you to answer, so don't give them the satisfaction.
- 3.) Cyberbullying is easier to prevent than to fix, so if you need to, create all new accounts or change your email associated with your accounts.
- 4.) Take a breather. Turn off the computer and give yourself a break. By walking away you become less assessable to bullying and harassment.
- 5.) Talk to someone about it. Often times ignoring a bully leads to the situation escalating, so know where to get help, like your local police department or visit <http://CyberTip.ca> to report the issue online.

