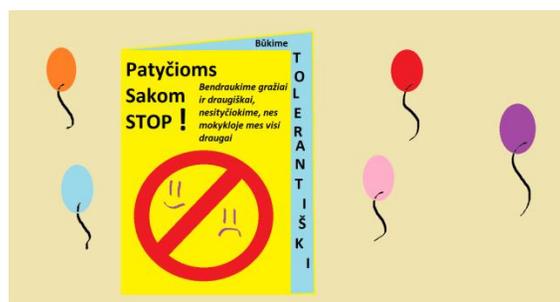
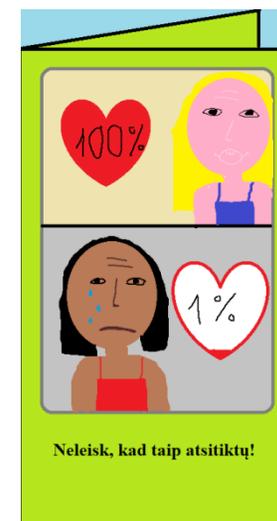




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BE SAFE ONLINE



What is cyber bullying?

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets. Cyberbullying **can happen at any time of the day or night**, anywhere there's internet or mobile access.



Types of cyberbullying

Harassment. This is the act of sending offensive, rude and insulting messages and being abusive. Nasty or humiliating comments on posts, photos and in chat rooms.

Denigration. This is when someone sends information about another person that is fake, damaging and untrue. Shares photos of someone with the purpose to ridicule or spreads fake rumours. Sometimes people alter photos of others and post them online with the purpose of bullying.

Flaming. This is when someone purposely uses really extreme and offensive language and gets into online arguments and fights. They do this to cause negative reactions and enjoy the fact that it causes distress to others.

Impersonation. This is when someone hacks into a person's email or social networking account and uses the person's online identity to send or post vicious or embarrassing material to/about others. The making up of fake

profiles on social networking sites, apps and online is commonplace.

Outing and Trickery. This is when someone shares personal information about another person or tricks someone into revealing secrets and forwards it to others. They may also do this with private images or videos.

Cyber Stalking – This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person fear for his or her safety. The actions may be considered illegal too, depending on what they are doing.

Exclusion. This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online activities. This is also a form of social bullying and it is very common.

How to stay safe online?

- **Never give away your real name**, address or telephone number;
- **Never tell anyone what school you attend;**
- **Do not agree to meet** anyone from a chatroom;
- If you **meet** someone from a chatroom, do it **in a public place** with one of your parents or another adult;
- **Tell someone.** The first thing to do is tell an adult you trust;
- **Walk away.** What you've heard about walking away from a real-life bully works in the virtual world too. Ignoring bullies is the best way to take away their

power, but it isn't always easy to do — in the real world or online;

- Although it's **not** a good idea to **respond** to a bully, it is a good idea to **save evidence** of the bullying if you can. It can help you prove your case, if needed. You don't have to keep mean emails, texts, or other communications where you see them all the time — you can ask a parent to make a copy or save them to a flash drive;
- **Report bullying.** Social media sites take it seriously when people post cruel or mean stuff or set up fake accounts. If users report abuse, the site administrator may block the bully from using the site in the future;
- **Block the bully.** If you don't know how to do this, ask a friend or adult who does;
- **Close your account;**
- **Be safe online.** A password protects your smartphone and your online sites. Don't forget to change your passwords regularly;
- It's also wise to **think twice before sharing personal information or photos/videos** that you don't want the world to see. Once you've posted a photo or message, it can be difficult or impossible to delete.

