

# Stop Cyberbullying



## What is cyberbullying?

Cyberbullying is an aggressive, intentional act or behavior that is carried out by a group or an individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself.

Other names are: cyber harassment or online bullying

For parents:

## How do I know that my child is affected?

- One of the signs is if your child usually is very bright and happy but suddenly becomes very listless and withdrawn.
- Another sign is if your child makes up excuses not to go to school, even though cyberbullying usually happens on the internet, it often affects the real world.

## How should you behave when I get bullied or observe bullying?

1. You should confide to an adult that you trust, for example your parents or a teacher. It is important to talk about your problem.
2. Inform the police to take legal action if necessary.
3. Try to help others even if you are not affected. Those who are affected are often overwhelmed and in dire need of support
4. Treat others the way you want to be treated!

Just think about the appropriate way to treat someone so that everyone feels comfortable and what you can contribute to a good atmosphere.

## What could you do to avoid cyberbullying?

### Protect your privacy!

- think about what you post on the internet
- if you show more of yourself people can more easily attack you
- be careful with personal information

### Think twice about what you forward!

Think about what you forward to others (fotos, personal information etc.) because it could always be passed on to others

### Inform yourself!

- You could “google“ your name to see what others can see in context with your name.
- If there are things you don't like, you can ask the web owner to delete these things.

### Do not react to attacks!

- Ignore people who harass you.
- At best you can block bullies if there is the possibility.

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