

## What is Cyber-Bullying?

Cyberbullying are the acts of intentional cruelty directed at others by sharing or posting harmful, embarrassing, personal material on social media platforms or directly targeting the victim through messaging platforms. Remember, any act of bullying is intentional, targeted and repetitive.

Cyberbullying can take different forms:

- **Harassment**- Repeatedly sending hateful and insulting messages.
- **Denigration**- “Dissing” someone online. Sending or posting gossip or rumors on social media about a person to damage his or her reputation or friendships.
- **Impersonation**- Pretending to be someone else and sending or posting material to get that person in trouble or danger or to damage that person’s reputation or friendships. Creating fake accounts on social media to ruin someone’s reputation.
- **Outing**- Sharing a person’s private information or images online.
- **Cyber stalking** - Repeated, intense online harassment, on social media or through direct contact that includes threats, insults or fear inducing statements.

Since our conversations primarily take place online, it is possible for child to become victims of cyber-bullying easily. The following are some ways through which you can identify a child is being bullied:

- Appears nervous when receiving a text, instant message, or email.
- Turns off device or changes screen every time someone walks by.
- Doesn’t want to use the device in a place where people can see it.
- Unexplained anger or depression, especially after going online.
- Suddenly stops using the device, even though he/she has always enjoyed it before.
- Withdrawing from friends and family in real life.

