

# WHAT IS CYBER BULLYING?

Cyber bullying is when a person or a group of people use computers or other types of technology to threaten, upset or tease somebody else. It is illegal to bully somebody in this way and if it happens to you you need to tell a trusted adult otherwise it will get worse.



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A great intro...

## HOW MANY PEOPLE ARE AFFECTED?

38% of young people are bullied.

26% of cyber bullying is done by e-mailing.

24% of cyber bullying is done by texting.

28% of people don't tell anyone.

Super research!

## WHAT YOU NEED TO DO IF YOU ARE CYBER BULLIED

- Tell a trusted adult. ✓
- Keep a copy of the abusive e-mails, texts or messages. ✓
- Change your online nickname or ID to something different. ✓
- Block e-mail addresses and/or complain to host website. ✓
- Make sure you don't reply to the messages.

## WHAT YOU SHOULDN'T DO IF YOU ARE BULLIED

- Don't post any personal information like your real name, age, e-mail address and telephone number.
- Don't delete the messages that you have been sent. ✓

## WHAT HAPPENS WHEN YOU ARE CYBER BULLIED?

When you are cyber bullied, it can make you feel very distressed.

Lots of very innocent people are getting cyber bullied.

How do they feel about it? ✓

## CONCLUSION

Cyber bullying is very wrong and it needs to stop now. You can get put into jail for doing it. Remember - laugh at it and you're part of it! ✓

Superb! ✓



☺ A well researched / written report - you've used key information to great effect! ✓

4TP