

# Standing against cyberbullying

Let's start by being aware of the Common Forms of Cyberbullying. It can take many forms, these are the six most common forms.

## Impersonation

Hacking and using another person's email account/social network to send or post vicious or embarrassing material about other people.

## Denigration

Spreading derogatory and false information about someone else e.g. posting altered photographs

## Flaming

Online "fighting" through aggressive messages

## Outing and Tricker

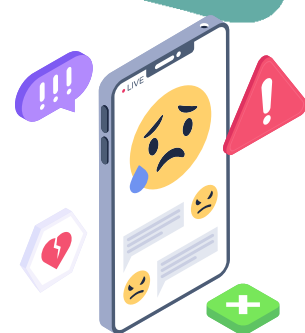
To share or trick someone into revealing someone else's secrets and forwarding it to other people

## Cyber Stalking

Sending messages repeatedly that contain threats of harm or are highly intimidating

## Harassment

Sending harmful, abusive and insulting messages



## Warning Signs of Cyber Bullying

The warning signs are similar to physical bullying in terms of emotional effects, however they may have some differences.



We can look for signs such as:

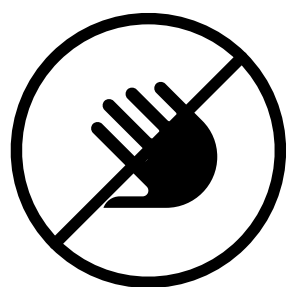
- seems sad, moody, or anxious
- avoiding (professional) commitments
- withdraws or shows a lack of interest in social activities
- suffers a drop in professional and/or academic performance
- seems upset after using the computer or going online
- seems upset after viewing a text message on a mobile phone.

These are the things you should be aware of! If you feel that this is happening to you or you know someone who is going through this, take the following steps!



### 1 Talk to someone

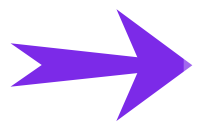
It is necessary to speak out, look for a friend, family member or the police and ask for help.



### 2 Don't Retaliate



Ignore your cyberbullying attempts, cyberbullies often thrive on the attention and frustration they receive from their victims. Instead of responding with aggressive or threatening messages, ignore them.



### 3 Save information

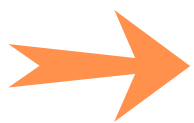
Gather all information, like text messages, social media posts, date and time, and any other applicable information. In case you ever need proof.



### 4 Make timely reports



Reporting the person on social media or calling to block them makes it much harder for the bully to communicate with you as he/she no longer has access via social media.



### 5 Counseling

Seek professional help to ensure a successful healing.



If you have a friend or know someone going through a situation like this, talk to them and give them your support and time.

Offer to help them and go through the steps with them, look for channels or ways to stay safe online in your local area.



## Apply cyber kindness



Cyber kindness is the opposite of Cyberbullying

Cyberkindness uses technological media to uplift, serve, love, improve someone's day, or to use digital media to make someone's life easier, to strengthen them emotionally, or to uplift them mentally.

Let's be more cyber kindness!!!

