

CYBERBULLISM 2020-2025

SouLReCord–Sound Leadership Rejects Cyberbullismor Digital



Disrespect Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in vocational education and training

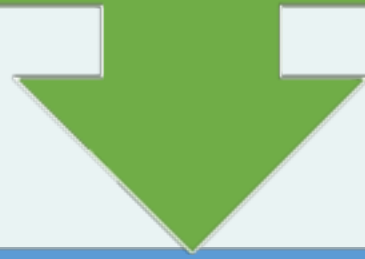
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WHAT IS IT ?

Cyberbullying is bullying with the use of digital technologies. It can take place on social messaging platforms, media, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted.



The term "Cyberbullying" was coined by the Canadian educator Bill Belsey in 2002.



Although the phenomenon has been widespread throughout the Western world since its appearance, scientific literature on the subject has not yet reached a shared definition.



Types of cyberbullying

- 1. Flamming** (verbal conflicts)
- 2. Harassment**
- 3. Denigration** (fake news)
- 4. Cyberstalking** (terrorise the victims)
- 5. Impersonation** (identity theft)
- 6. Tricky o Outing** (dissemination of carpite information)
- 7. Exclusion** from a group



How to recognise it

You are experiencing cyberbullying if:

- 1) if someone says they will hurt you,
- 2) if someone whose identity you do not know proposes you to do challenges,
- 3) if someone asks you to send photos of yourself,
- 4) if someone tells you that you should not say anything about what is happening or will hurt your family,
- 5) if someone tells you that you are ugly,
- 6) if someone you don't know contacts you and asks you out.

If you have suffered or are undergoing one or more of these actions, you are definitely a victim of cyberbullying:



violent and vulgar online messages aimed at arousing verbal battles



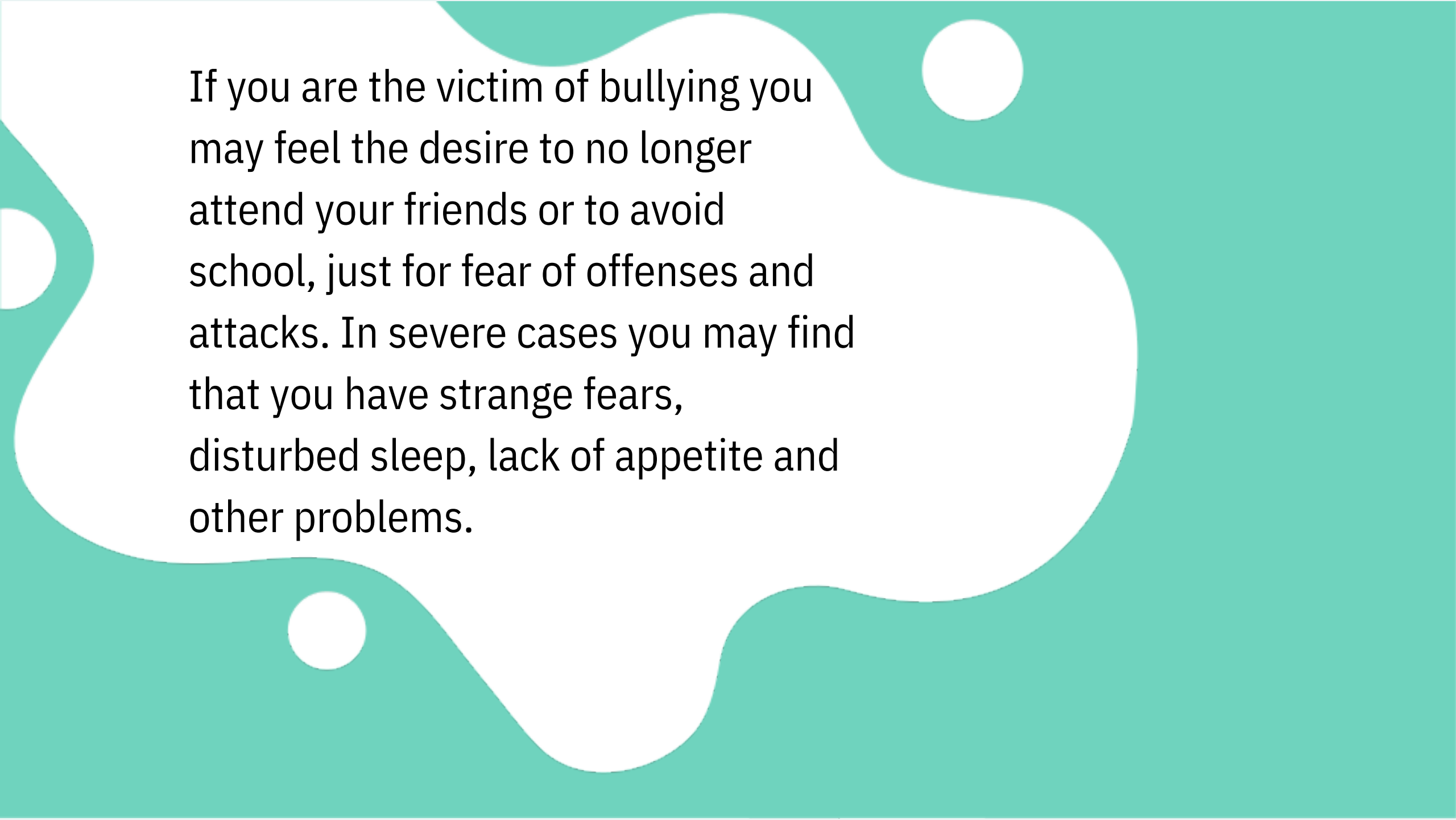
repeated sending of offensive messages aimed at harassing and/or hurting someone's feelings



deliberately discriminate against a person from an online group to provoke a feeling of marginalization.



to gossip about someone (by e-mail, SMS, on social networks, etc.) to damage their reputation for free and with malice

The background is a solid teal color with several white, organic, wavy shapes and circles scattered across it. The text is centered within one of the larger white shapes.

If you are the victim of bullying you may feel the desire to no longer attend your friends or to avoid school, just for fear of offenses and attacks. In severe cases you may find that you have strange fears, disturbed sleep, lack of appetite and other problems.



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