The e-Safety Office

Definition

'Cyberbullying is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles'

Acronyms that can be used in cyberbullying:

KYS - Kill Yourself
182 - I Hate You
JLMA - Just Leave Me Alone
FUGLY - Fat And Ugly
YHBT - You Have Been Trolled
IDTU - I Don't Talk To You
DIRL - Die In Real Life

Cyberbullying Research

There is a vast array of research that has been conducted about cyberbullying. Research conducted in 2018 highlighted the following:

46% of young people asked, said they had experienced threatening, intimidating or nasty messages via social media, email or text.

37% reported having personal experience of online bullying in their lifetime

26% have had personal experience of online bullying within the last year.

42% said they had seen somebody be harassed or bullied online.

See: Safety Net: Cyberbullying's impact on young people's mental health
https://youngminds.org.uk/media/2189/
pcr144b_social_media_cyberbullying_inquiry_full_report.pdf

It is important to consider that cyberbullying can cover a number of other issues such as sexting and the manipulation of images. More recently, there has been an increase in problems related to messaging services e.g. WhatsApp where young people have been denied access to a group chat and these groups have been used to spread malicious comments or images between other members of the group.

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Terms Related To Cyberbullying

Troll - a troll is a person who starts quarrels or upsets people on the Internet to distract and sow discord by posting inflammatory posts

Slut Shaming - is the practice of criticising people, especially women and girls, who are perceived to violate expectations of behaviour and appearance on social media sites

Trash Talk - insulting or boastful speech intended to demoralise or humiliate other video gamers

Catfishing - lure (someone) into a relationship by means of a fictional online persona.

Flaming – sending vulgar, aggressive comments to start a fight

Cyberstalking – Following an individual and sending aggressive posts.

Humiliation – spread rumours and/or edit images

Impersonation – Create a false profile or impersonate someone the victim may know

Doxxing – Researching and broadcast private information.

Internet Tough Guy - an individual who only confronts people online

Spotting The Signs

Those who are being cyberbullied often feel embarrassed or fearful of speaking to others. Some signs that you may spot with cyberbullying are:

They can be withdrawn in class and reluctant to engage with others

They may seem isolated and have a reluctance to use IT in schools

They easily become aggressive when they are asked questions about their wellbeing

There is evidence that they are self harming themselves (this could be spotted by PE staff).

They may reflect in their writing that they are being cyber bullied.

Often, cyberbullying can be one aspect of other more intimidating behaviour towards a pupil. If you are concerned, you must assert the Anti-Bullying Coordinator or Designated Safeguarding Lead.

Impact Of Cyberbullying

Any type of bullying can be traumatic, but cyberbullying has it's unique elements, which include:

- *It can be anonymous, so the victim does not know who is sending the messages.*

- *It can occur 24/7 as the perpetrator can target the individual out of school and during holidays*

- *Hurtful posts or messages can be seen by others as these can be shared on social media or group messaging apps.*

- *Sometimes the posts can remain onsite for long periods of time.*

It is important to be proactive and ensure that you promote anti-bullying education. There are national initiatives such as Anti Bullying Week (November) and Safer Internet Day (February). You can also help pupils by helping them to **BLOCK** individuals on apps and gaming sites who are posting hateful messages. In addition, you can also help them **REPORT** cyberbullies to a sites or apps administrators.