

CYBERBULLYING

Cyber bully is an act of harassment using the Internet or other digital technologies that usually involves embarrassing, threatening, or berating the victim using texts, images or videos. It could be tough for victims to get away as online bully tend to be persistent on the internet. Being constantly connected to the Internet could also contributing to the 24/7 non-stop harassments. The effects to the victim include low self-esteem, self-harm, trust issues and a change in personality.

KNOW A BULLY

- Sends offensive, harassing or threatening messages.
- Creates and shares embarrassing images or video of the victim.
- Shares indecent or obscene comments or photos.
- Excludes the victim from online gaming, activities or chat groups.
- Pressures the victim to send them the victim's sexual images or videos, or engage in sexting.
- Creates fake accounts using other people's identity to launch an attack on the victim.
- Creates fake accounts using the victim's identity to frame the victim on bullying behaviour.
- Trolls- Sends threatening or offensive messages to the victim on social media.

BEING BULLIED HURTS

Threats

- "I'm coming to get you and you will regret it!"
- "I will tell everyone about your little secret if you don't do what I want"

Rude

- "You're such an idiot!!!"
- "Ugly and stupid. Yeah, you!"
- "Just look at your face. Gross!"
- "Where did you get that ugly shirt from? Charity shop?"

Slanders

- "Scott has a crush on Mat's girlfriend!"
- "Of course she's on the fast track. She butters up her boss like there's no tomorrow!"

HOW TO PREVENT IT

- DON'T share your personal information online.
- BECAUTIOUS! The tone and intention of your message or comment could be taken in a wrong way.
- AVOID sending or forwarding offensive or threatening messages (including those using vulgar language).
- IGNORE and don't respond to messages from the bully.
- DELETE or DEACTIVATE the account that you are bullied on or get off the social media platform altogether if you are threatened or blackmailed.

ACTION TO TAKE ON CYBERBULLYING

- **Don't retaliate**
If someone bullies you, remember that your reaction is usually exactly what the bully wants. It gives them power over you. Don't retaliate. If you are bullied in a chat, leave the "room." Use preferences or privacy tools on the social media app to block the bully.
- **Use reporting tools**
If the bullying took place via a social network, use that service's reporting or "abuse" tools. There are few options available on what you can do to take down the offensive content. If the abuse threatens physical harm, report it to the police.
- **Be civil**
Research shows that gossiping and "trash talking" others increase your risk of being bullied. Put yourself in someone else's shoes for a minute. Thinking about how another person might feel can put a big damper on aggression.
- **Save the evidence**
The good news is the harassing messages can usually be captured, saved, and shown to someone who can help.
- **Reach out for help**
Contact Aduan MCMC for advice. Sometimes talking to the authority can result in bullies getting the help they need to change their behaviour. For children, encourage them to come to you (parents/carer/trusted adults) if they encounter any bullying incidents.
- **Be an upstander, not a bystander**
Forwarding mean messages or just standing by and doing nothing empower bullies and hurts victims even more. Stand up for your peers, or report the behaviour to a trusted adult.