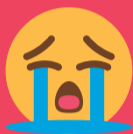


CYBERBULLYING

Cyberbullying is the use of digital technologies with an intent to offend, humiliate, threaten, harass or abuse somebody.

01



THE REALITY OF CYBERBULLYING

Over half of young people see cyberbullying as worse than face-to-face bullying. On average most teens have experienced some form of cyberbullying.

02



SCARY STATS

- Cyberbullying is a worldwide problem, with a large number of young people believing it to be a bigger issue than drug abuse. Teens said cyberbullying made them feel depressed and helpless.
- Cyberbullying created feelings of loneliness and experienced suicidal thoughts. Teens had not gone to school because of cyberbullying and some had closed down their social media accounts because of it.

03



SIGNS IN KIDS TO LOOK OUT FOR:

- Seems depressed, angry, irritable or frustrated after being online.
- Displays unusually secretive behaviour, particularly related to online activity.
- Avoids conversations about their online activities.

04



HELP FOR VICTIMS

When you are a victim of cyberbullying it is normal to feel isolated, hopeless and depressed. You must remember that you are not alone - talk to a responsible adult for assistance.

