What is cyber bullying? Cyber bullying is where a person or a group of people are purposely and persistently being mean to another person using social networking and phone messaging.

What parents can do to help their child when they are being bullied:

Teach kids to solve problems without using violence and praise them when they do.

Give children positive feedback when they behave well to help their build self-esteem. Help give them the self-confidence to stand up for what they believe in.

Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have.

Kids who are being bullied are most likely to:

- Do poorly in school
- Have low self-esteem
- Be depressed
- Turn to violent behaviour to protect themselves
- Get revenge on the bully

Facts about Cyber-bullying:

- *Nearly 43% of kids have been bullied online.*
- *70% of students report seeing frequent bullying online.*
- *90% of teens who have seen social media bullying say they have ignored it.*
- *Only 1 in 10 victims will inform a parent or trusted adult of their abuse.*
- *Girls are about twice as likely as boys to be victims and committers of cyber bullying.*

Cyber bullying can take various forms:

- Messaging.
- Photo editing: where someone gets a photo and puts a nasty comment about the person or the persons family.
- Anonymous messaging: people sending messages to someone without the victim knowing who this person is.
- Hate pages: where someone makes a page about someone else and makes nasty comments about them on that page for everyone to see.
- Impersonation: where someone sends horrible messages to another person pretending to be someone else to get that other person in trouble for it
- Groups: where groups of people gather together and target a person over messages etc.
- Outing: where people have private conversations that they don't want anyone else to know and then when those two people fall out the private information is revealed to everyone about that person
- Blackmail: when someone threatens someone to do something otherwise they will do something horrible to them or about them
- Exposing: when someone sends a personal picture to someone and that other person shows it to everybody.
- Hacking: when someone finds out the username and password to someone's account and logs into it and writes horrible comments about someone and posts horrible pictures etc.

STOP BULLYING