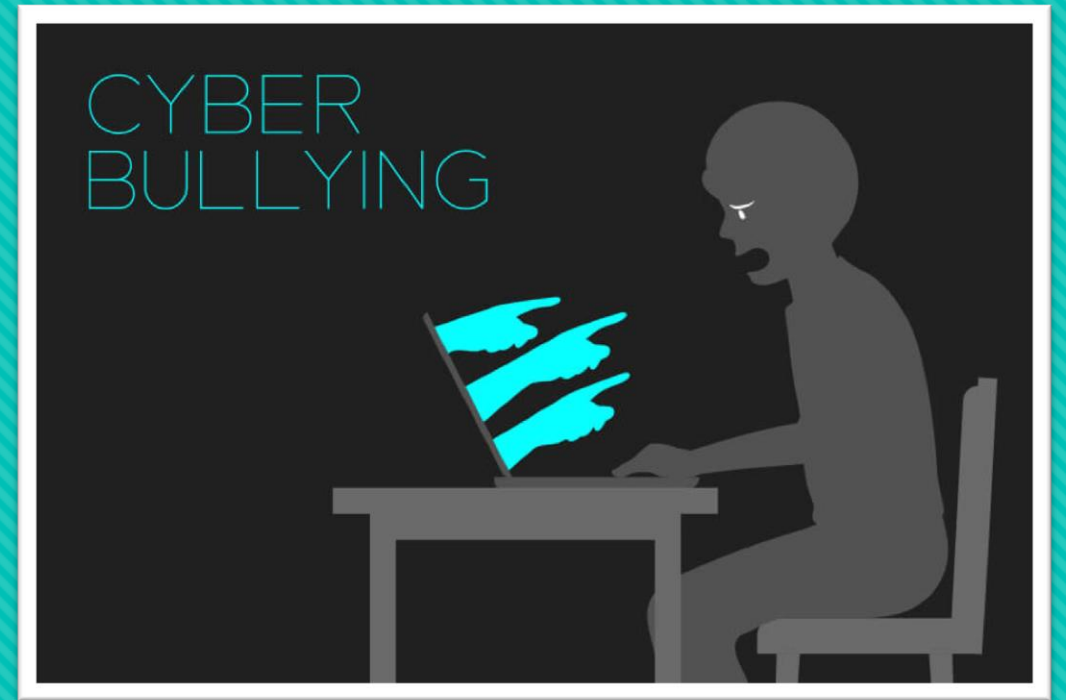# Cyberbullying

Project: "Apresento-me online."

What is Cyberbullying?

Cyberbullying is when someone, typically teens, bully or harass others on social media sites. Cyberbullying allows bullies to easily and anonymously harass victims online.

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.

Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Twitter.

- SMS (Short Message Service) also known as Text Message sent through devices.

- Instant Message (via devices, email provider services, apps, and social media messaging features).

- Email.

Forms of Cyberbullying:

-Threats / Persecutions.

-Identity or password theft.

-Creating fake profile pages on behalf of the victim.

-Virus sending.

-Sending real images or assemblies.

Curiosities

7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying .

83% of young people say bullying has a negative impact on their self-esteem .

60% of 13 to 18 year olds have been asked for a sexual image of video of themselves.

Some effects of cyberbullying

- Feel alone and isolated.
- Feel anxious and depressed.
- Feel vulnerable.
- Feel ill.
- Risk of suicide.

Protect yourself from cyberbullying

- Always think about what you post.

- Keep your password a secret.

- Think about who sees what you post online.

- Talk to a parent, teacher or another adult you trust about any messages you get or things you see online that make you sad or scared.