**CYBERBULLYING**

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

We all spend a ridiculous amount of time online. With the internet in your pocket, in school, at work and at home, it is impossible to escape it. That’s why being bullied online can be absolutely rubbish, and can make it feel impossible to live your life. We have put together this so you can understand everything you need to know about cyberbullying and where you can get help if you need it.

**Different types of cyberbullying**

Examples of cyberbullying include:

* Nasty messages online or on your mobile phone
* Comments or replies on your social media posts or posts about you
* Being excluded from online group chats on purpose
* Embarrassing or harmful photos being put online without your permission
* Sending offensive pictures through a messaging app
* Rumours and lies about you on a website, messaging app or social media platform
* Offensive chat or voice communication on an online game
* Fake online profiles being created with an intent to defame you

**Dealing with cyberbullying**

1. **Never respond**

Do not reply to anything that has been said or retaliate by doing the same thing back. Saying something nasty back or posting something humiliating in revenge may make matters worse or even get you into trouble.

**2. Screenshot**

If you can, take a screenshot of anything that you think could be cyberbullying and keep a record of it on your computer.

**3. Block and report**

Most online platforms have this function, make sure you block and report the offending users to the appropriate social media platform. Or [talk to us about removing it](https://www.ditchthelabel.org/report/)!

**4. Talk about it**

You may not feel it at the time, but cyberbullying affects you in many different ways. You are not alone. Talking to somebody about bullying not only helps you seek support but it documents evidence and will take a huge weight from your shoulders.

**5. How serious is it?**

Assess how serious the cyberbullying is. If it is light name-calling from somebody that you don’t know, it may just be easier to just report and block that user.

**6. Report it**

If you are experiencing cyberbullying from somebody you go to school or college with, report it to a teacher. If somebody is threatening you, giving out your personal information or making you fear for your safety, contact the Police or an adult as soon as you can.

**7. Be private**

We recommend that you keep your social media privacy settings high and do not connect with anybody who you do not know offline. You wouldn’t talk to random people on the street, so why do it online?

People may not always be who they say they are and you could be putting you and those that you care about the most at risk. Learn about catfishing [here](https://en.wikipedia.org/wiki/Catfishing).

**8. Talk to them**

Sometimes it may be appropriate to request that a teacher or responsible adult hosts a mediation between you and the person who is bullying you online if they go to the same school or college as you. A mediation can be scary but is often incredibly powerful. It is essentially a face-to-face conversation between you and the person bullying you in a controlled, equal environment. This is a proactive and effective way to deal with online bullying.

**9. Sympathise.**

Always remember that happy and secure people do not bully others. People who bully are going through a difficult time themselves and will often need a lot of help and support.

Check out our cyberbullying support hub[here](https://www.ditchthelabel.org/cyberbullying), [report cyberbullying](https://www.ditchthelabel.org/report/) to us or [join our community](https://www.ditchthelabel.org/community/) to start a conversation about cyberbullying.