

# Anti-Bullying Week

## What is Cyber Bullying?



Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power. There are lots of different ways that someone can experience bullying through the internet or mobile phones. Some of them are really subtle, so it might be difficult to realise what is happening.

### Text Messages

Sending abusive, nasty or threatening text messages to someone is a type of bullying. This could include sharing those texts with other people who might join in the bullying.

### Sexting

Sexting is when someone takes a sexually explicit picture or video of themselves and then sends it to someone else. Sometimes people who are trying to bully someone may ask for these kinds of images so they can send them on to other people.

### Email

Sending abusive emails is a type of bullying. Sometimes those emails might be shared with other people who could join in the bullying. Sending computer viruses or hurtful videos and pictures by email is also online bullying.

### Instant Messaging (IM) and Chat Rooms

Sometimes people might get nasty messages when they are using instant messaging or chat rooms. Sending those types of messages using someone else's account without their permission is also online bullying.

### Online Gaming

Being abusive towards someone or harassing them on an online multi-player gaming site is also a kind of online bullying.

### Abusing Personal Information

Sometimes people involved in bullying might post someone else's photos or personal information without that person's permission. This could include pretending to be someone else and writing fake comments or blogs.

### Social Networking Sites

Social networks can be used in lots of different ways to bully someone. There are a number of different social media platforms like Facebook, Twitter, Tumblr, Instagram and many more. Children shouldn't have access to these sites as they are age-restricted, but many children do have profiles, sometimes without their parents being aware.