



“Cyberbullying is when someone repeatedly makes fun of another person online or repeatedly picks on another person through e-mail or text message or when someone posts something online about another person that they don’t like.”

Behaviors that might constitute cyberbullying, such as: hurtful comments, threats, rumors, pictures, or videos posted or circulated online.

Cyberbullying is bullying carried out using digital technologies. This type of bullying can be seen on social media, messaging platforms, gaming platforms and mobile phones. It is a repeated behavior intended to intimidate, anger or embarrass the targeted persons. Examples of this are the following actions: spreading lies about someone or posting embarrassing photos on social media, sending hurtful messages or threats from messaging platforms, sending bad messages to others under someone else's identity. Face-to-face bullying and cyberbullying often happen together. However, cyberbullying leaves a digital footprint; this can actually provide useful clues to stop the abuse. If you're worried about your safety or something that happens online, talk to an adult you trust right away. Or contact the International Child Helpline that will assist you in your own country. Many countries have helplines that you can call free of charge and speak to a person anonymously.

Source:

<https://www.unicef.org/turkey/siber-zorbal%C4%B1k-nedir-ve-nas%C4%B1l-%C3%B6nlenir>

Mixed Team 2: The ABC's



CYBERBULLYING

WHAT IS CYBERBULLYING?
HOW CAN WE PROTECT
OURSELVES?



Which Actions Include Cyberbullying?

The behaviors that fall under the scope of cyberbullying are listed below. If you, a relative or your child are exposed to these situations online, you are facing cyberbullying.

Gossip: Public speculation. Intentional and public gossip about you online.

Exclusion: Do not exclude a person from a group of friends. Exclusion, especially starting at school and continuing in cyberspace.

Harassment: Persistent and deliberate harmful and offensive behavior.

Follow-up: Feeling that you are being watched all the time. The feeling of being followed, which started on the Internet and reflected in real life.

Trolling: Intentional provocation and covert insult, sabotage.

Comments: Negative messages containing insults and profanity made through text, photos, videos.

Disrespect: Crossing the line in communication and maintaining it.

Fake Account: Perpetuating threats and bullying by creating and creating fake accounts on behalf of the victim.

Deception: To deceive or defraud people by publishing and distorting the various, confidential information of others.

<https://www.guvenliweb.org.tr/dokuman-detay/siber-zorbalik>



Violence in digital games or cyberbullying in social networks has a negative effect, especially on the physical and mental development of children. In cyberbullying, although there is no physical contact between the attacker and the attacked, the person who is attacked is psychologically damaged.

Source:

<https://siberzorbalik.com.tr>



WHAT SHOULD WE DO?

When cyberbullying is encountered, end your communication with the person who disturbs you. Make your accounts protected, do not make them accessible to everyone. If the bullying persists, tell the people you trust/parents about the situation. Make the necessary complaints to the platforms where you are bullied, report these accounts or people.

Delete or freeze your accounts on the platforms you stay on.

If you feel that you are in danger, make the necessary complaints to the official authorities.

Remember that bullying is not just a problem

that happens to you, do not ignore the situation and take the necessary precautions.

If you are a parent, talk to your children, provide information about safe internet use, and support, follow and control their access if necessary.

Know your rights well, review the anti-bullying policies of social media.

Source:

<https://www.siberay.com/siber-zorbalik>