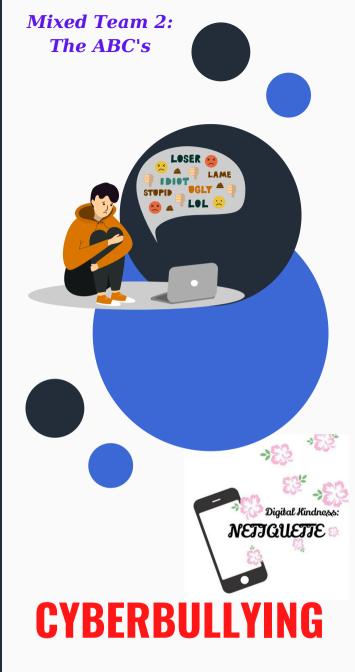


"Cyberbullying is when someone repeatedly makes fun of another person online or repeatedly picks on another person through email or text message or when someone posts something online about another person that they don't like." **Behaviors that might** constitute cyberbullying, such as: hurtful comments, threats, rumors, pictures, or videos posted or circulated online.



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/dokumandetay/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 accoSunts 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 platformswhere 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