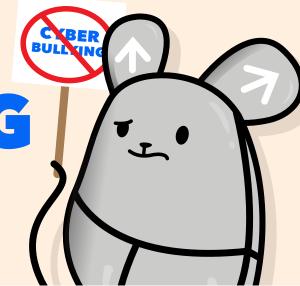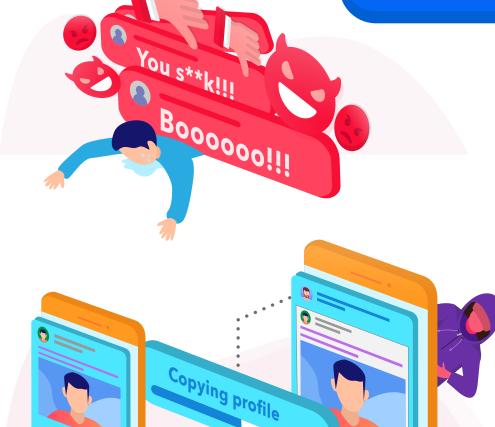# SAY NO TO CYBER BULLYING

The act of harassing, threatening, embarrassing, hurting or targeting another person through digital platforms and devices.

CYBER BULLYING

HOW DOES IT HAPPEN?

You s**k!!!
Booooooo!!!

Copying profile

CHAT GROUP

Cyber bullying can occur through the posting of text messages or photos on social media, forums, or gaming platforms, where people can view, participate in, or share content.

It can take many forms, including:

- **Flaming/Roasting:**
  Using mean or offensive language to deliberately humiliate and insult the victim.

- **Harassment:**
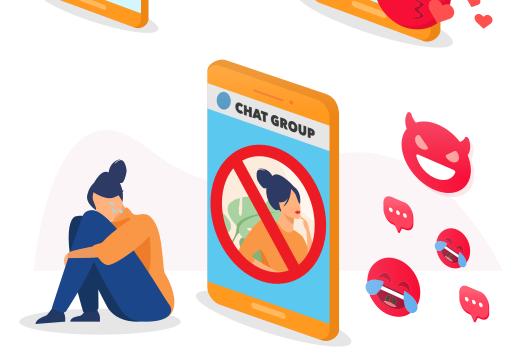 Sending hurtful and threatening messages to the victim.

- **Uploading of embarrassing media:**
  Uploading a photo or video of the victim (which may or may not be digitally altered) online to embarrass him/her.

- **Impersonation:**
  Impersonating the victim online and damaging the victim's reputation.

- **Exclusion:**
  Intentionally leaving the victim out of an online chat/group.

WHY DO I NEED TO KNOW THIS?

- According to a 2018 survey by CNA, 3 in 4 youths had been bullied online, and almost all victims did not inform their parents.
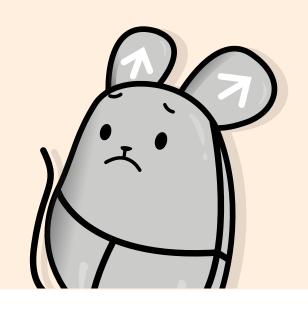
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WHAT ARE THE EFFECTS OF CYBER BULLYING?

Cyber bullying is particularly damaging as the negative content is shared across multiple platforms, creating a perpetual source of distress for the victim.

ITS DETRIMENTAL EFFECTS INCLUDE:

- Health issues
- Anxiety
- Feelings of sadness and loneliness
- Depression
- Suicidal thoughts and ideas
- Poor academic performance

HOW CAN I TELL IF MY CHILD IS BEING CYBER BULLIED?

It may be difficult to tell if your child is being cyber bullied, as children might keep these difficult experiences to themselves.

However, here are some common signs that experts say you can look out for:

- Drastic changes in personality, such as becoming socially withdrawn, angry or anxious
- Abrupt loss of confidence

- Suddenly deleting their social media accounts
- Stops using phone or computer altogether, or using it a lot more than normal
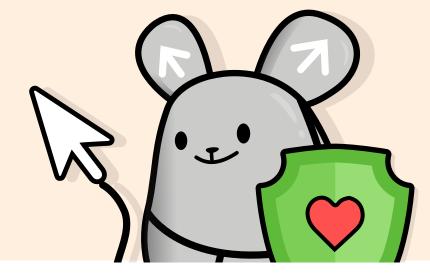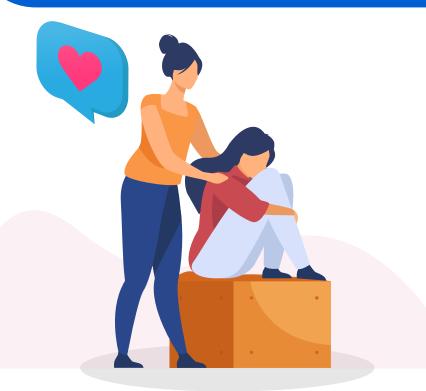- Being unusually upset after using their phone or going online

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- Sharp decline in academic performance
- Unexplained reluctance or refusal to go to school
- Has trouble sleeping and/or showing less interest in usual activities

WHAT CAN I DO IF MY CHILD IS BEING CYBER BULLIED?

HERE ARE SOME WAYS YOU CAN HELP YOUR CHILD:

Empathise
- Do not dismiss the situation or simply ask your child to brush it off and ignore it.
- Try to understand the situation and be a pillar of support for them.
- Acknowledge your child's bravery in seeking help.

Evaluate
- Stay calm and assess the severity of the bullying.
- Is it something your child can handle with your guidance? Or do the authorities (school or police) need to step in?

Evidence
- Save the evidence by taking screenshots of the posts, photos, or chats.
- This can be helpful if you need to make reports to the school administration or police.
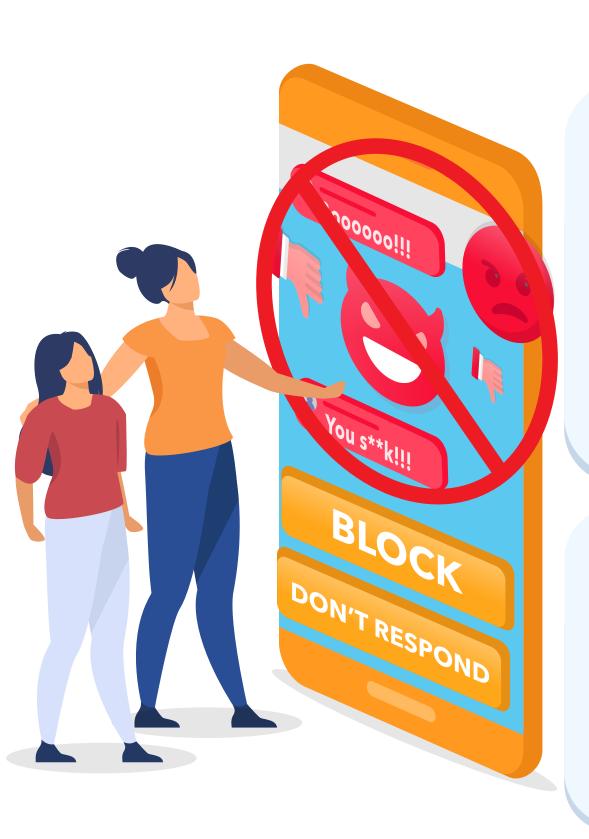
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Empower

- If it's a less severe situation, brainstorm ways for your child to deal with the bullying and explore the options together.

- Come up with a practical plan to deal with the bully, such as not responding to taunts or blocking the bully on online platforms.

- Do not tell your child to retaliate, as this could send the wrong message that hurtful behaviour is okay.

Evaluate again

- Keep a close eye on the situation.

- Monitor your child's emotional state and the extent of the bullying.

- If things don't improve, help your child understand why it may be prudent to get the help of the authorities in resolving the issue.

NEED HELP FROM THE EXPERTS?

TOUCH Cyber Wellness

Tel: 1800 377 2252

Email: cyberwellness@touch.org.sg

Fei Yue Community Services

Tel: +65 6563 1106

Online contact form: www.fycs.org/contact-us/

Coalition Against Bullying for Children and Youth (CABCY)

Tel: +65 6223 3122

Email: ask@cabcy.org.sg

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