

CYBERBULLYING

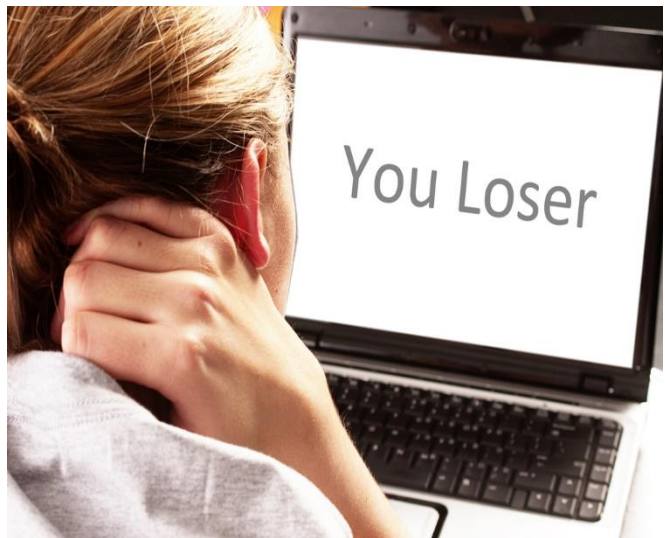
Cyberbullying occurs when a child or teenager uses the Internet, emails, text messages, instant messaging, social media websites, online forums, chat rooms, or other digital technology to harass, threaten, or humiliate another child or teen.

Unlike traditional bullying, cyberbullying doesn't require physical strength or face-to-face contact. Cyberbullies come in all shapes and sizes: almost anyone with an Internet connection or mobile phone can cyberbully someone else, often without having to reveal their true identity. Cyberbullies can torment their victims 24 hours a day and the bullying can follow the victim anywhere so that no place, not even home, is safe, and with a few clicks the humiliation can be witnessed by hundreds or even thousands of people online.

As many of one third of teenagers have suffered from cyberbullying in their lives.

The methods kids and teens use to cyberbully can be varied: from sending threatening or taunting messages via email, text, or stealing your online identity to hurt and humiliate you. Some cyberbullies have create a website or social media page to target their victim.

As with traditional bullying, both boys and girls cyberbully, but tend to do so in different ways. Girls more commonly cyberbully by spreading lies and rumors, exposing your secrets, or by excluding you from emails, buddy lists, or other electronic communication.



Cyberbullying can happen anywhere at any time, even in places where you normally feel safe, such as your home, and at times you'd least expect, such as at the weekend in the company of your family. It can seem like there's no escape from the taunting and humiliation.

WHAT DID YOU DO IF A CYBERBULLY ATTACKED YOU?

If someone cyberbullied me I'd talk to my parents or my teachers. I also know a dedicated website you can contact if you are a victim of cyberbullying. It's Generazioni Connesse (www.generazioniconnesse.it).