

What is Cyber Bullying?

Cyber Bullying is the use of technology to harass, threaten, embarrass, or target another person. Although more prevalent amongst young people it can happen to anyone at any age. It is intended to inflict harm or discomfort to others.



C'MON

PEOPLE!

LET'S TACKLE CYBER BULLYING



Tips for young people

1

Cyber bullying destroys lives. Stop and think before you post, anyone may see, forward, or screenshot that post.

2

Only post messages you wouldn't mind your parents or teachers seeing. Remember whatever you share online stays there.

3

Contact your parent, guardian, teacher or an adult you trust if you are being bullied online. Do not respond to the bully, report it!

4

Online manners matter. Always treat others how you want to be treated, with respect.

TIPS FOR PARENTS



Tips for parents

1

Know the sites your child visits, learn about the protections provided by these sites or apps.

2

Implement the parental controls available on all IOS and android devices.

3

Teach your child that whatever information is posted or shared online, will stay online.

4

Encourage your child to tell you if they receive messages that they feel disturbed by or uncomfortable with.

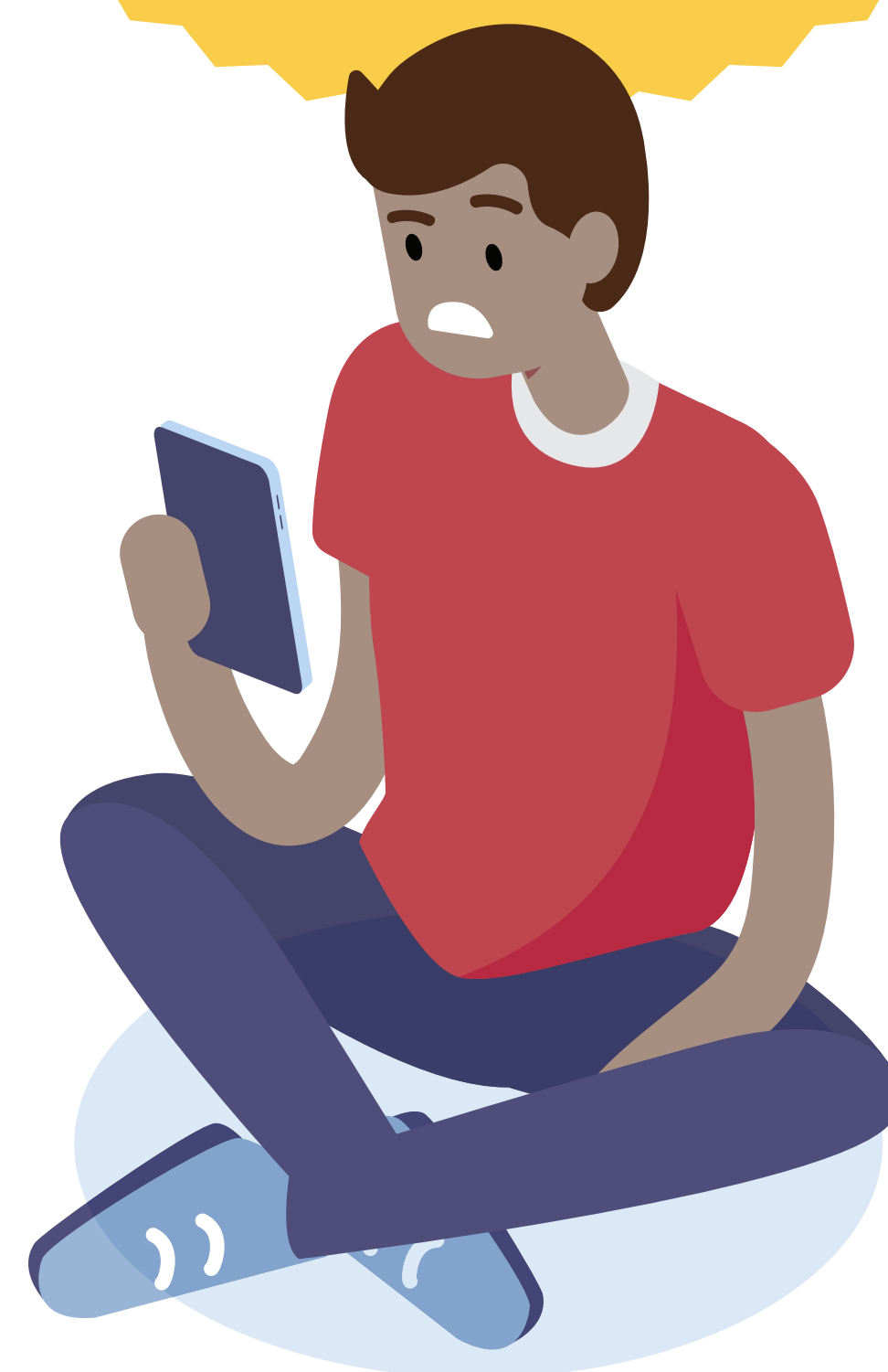
5

If you find out your child is being bullied, capture and keep evidence of bullying and block the culprit. Report the problem!

REPORTING CYBER BULLYING



Visit
eir.ie/endcyberbullying
to learn more



Reporting Cyber Bullying



Keep evidence, don't delete anything



Save the messages or take screenshots – each device is different, visit www.eir.ie/endcyberbullying to learn how to screenshot



Stop all communication and block the person



Tell An Garda Síochána, also consider reporting to Tusla



Don't delete the account as this evidence will help the Gardaí