

## HOW TO PREVENT

- BE AWARE OF WHAT YOUR KIDS ARE DOING ONLINE
- HELP KIDS TO UNDERSTAND CIBERBULLYING. TELL THEM BULLYING IS UNACCEPTABLE
- MODEL HOW TO TREAT OTHERS WITH RESPECT AND KINDNESS
- KEEP THE LINES OF COMMUNICATION OPEN
- EXPLAIN TO THEM THE RISKS THAT EXIST IN CYBERSPACE



## DIGITAL AWARENESS

- ESTABLISH RULES ABOUT APPROPRIATE DIGITAL BEHAVIOUR, CONTENT, APPS, TIME...
- IF YOU HAVE CONCERN THAT CIBERBULLYING MAY OCCUR, MONITORING SOCIAL MEDIA SITES.
- FOLLOW YOUR KID ON SOCIAL MEDIA: INSTA, TICK TOK, SNAPCHAT,...
- KNOW PASSWORDS AND USER NAMES FOR SOCIAL MEDIA, EMAILS...
- STAY UP-TO-DATE ON THE LATEST APPS, DIGITAL SLANG USED BY TEEN



## WARNING SIGNS

- NOTICEABLE INCREASES OR DECREASES IN DEVICE USE, INCLUDING TEXTING
- A CHILD EXHIBITS EMOTIONAL RESPONSES TO WHAT IS HAPPENING ON THEIR DEVICE.
- A CHILD HIDES THEIR SCREEN OR DEVICE WHEN OTHERS ARE NEAR
- SOCIAL MEDIA ACCOUNTS ARE SHUT DOWN OR NEW ONES APPEAR
- AVOID SOCIAL SITUATIONS, BE TIRED, SAD, DEPRESSED...



## CIBERBULLYING EFFECTS

WHEN BULLYING HAPPENS ONLINE IT CAN FEEL AS IF YOU'RE BEING ATTACKED EVERYWHERE, EVEN INSIDE YOUR OWN HOME.



**MENTAL EFFECTS:**  
FEEL UPSET,  
DEPRESSED,  
STUPID...

**EMOTIONAL EFFECTS:** FEEL ASHAMED OR LOSE INTEREST IN HOBBIES



**PHYSICAL EFFECTS:**  
TIRED, LOSS OF SLEEP,  
STOMACHACHES,  
HEADACHES..

## WHAT CYBERBULLYING IS

**REPEATEDLY SENDING HURTFUL MESSAGES THROUGH SOCIAL MEDIA, GAMING PLATFORMS OR CHAT ROOMS.**

**CYBERBULLYING CAN OCCUR THROUGH:**  
SMS  
WHATSAPP  
TEAMS  
E-MAIL  
INSTAGRAM  
TIK TOK  
SNAPCHAT

...



# BE SAFE IN THE DIGITAL WORLD

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