Understanding Bullying & Cyberbullying

‘Practical’ guidance

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Bullying: It can happen

- At home
- At school
- In the park or play area
- In sport, around sport through sport
- When on holiday
- To all children including those with disabilities
- Face to face as well as online
- And so on…
Child abuse: Definition

Repeated behaviour intended to intimidate or upset someone or make them feel uncomfortable or unsafe, e.g. name-calling, exclusion or isolation, spreading rumours, embarrassing them in public or in front of their peers, threatening to cause harm, physically hurting them or damaging their possessions.
Child abuse: Forms

- physical bullying: hitting, slapping or pushing someone
- verbal bullying: name calling, gossiping or threatening someone
- non-verbal abuse: hand signs or text messages
- emotional abuse: threatening, intimidating or humiliating someone
- exclusion: ignoring or isolating someone
Child abuse: Forms contd.

- undermining, constant criticism or spreading rumours
- controlling or manipulating someone
- making silent, hoax or abusive calls
- racial, sexual or homophobic bullying
- bullying someone because they have a disability
Child abuse: Signs

• belongings getting 'lost' or damaged
• physical injuries, such as unexplained bruises
• being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
• not doing as well at school
• asking for, or stealing, money (to give to whoever's bullying them)
• being nervous, losing confidence, or becoming distressed and withdrawn
• problems with eating or sleeping
• bullying others

Bullying
This could be signs to look out for
Child abuse: Definition

Cyberbullying: When the abuse happens online

Unlike bullying in the real world, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone.

Look around the page and identify the social media where cyberbullying could happen:

- Twitter
- TikTok
- Snapchat
- Tumblr
- Musical.ly
- Periscope
- Facebook
- FaceTime
- Instagram
- WhatsUp
- Skype
- Discord

[Logo: Terre des hommes: Helping children worldwide]
Child abuse: It includes

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- trolling - the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- shaming someone online
- setting up hate sites or groups about a particular child
Child abuse: It includes contd.

- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations
All children who are affected by bullying can suffer harm - whether they are bullied, they bully others or they witness bullying.
In the end …

Thank you!

Please visit childhub.org for more information on how to keep children safe

Plan Z, Romania an initiate to end bullying