

What is Cyberbullying, Why Does It Matter?

Cyberbullying is the act of hurting a person or group using digital platforms. Cyberbullying 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.

Cyberbullying can take many forms, including:

FLAMING/ROASTING:

Posting mean-spirited words to deliberately humiliate and insult the victim

EXCLUSION:

Intentionally leaving the victim out of an online chat/group

HARASSMENT:

Sending hurtful and threatening messages to the victim, which can take place 24/7

IMPERSONATION:

Impersonating the victim online and damaging the victim's reputation

UPLOADING OF EMBARRASSING MEDIA:

Uploading a photo or video of the victim online to embarrass him or her



Prevent Cyberbullying, Think Before You Post

Cyberbullying can have adverse effects on all of us. We may suffer from negative physical and mental health problems like depression, anxiety, feelings of sadness and loneliness, suicidal thoughts and ideas, health issues, and poor academic performance. Cyberbullying is particularly damaging to a young person when the negative content can be shared, saved and spread online across multiple platforms. This makes it difficult for the victim to walk away from the situation.

3 IN 4

YOUTH IN SINGAPORE HAVE EXPERIENCED CYBER BULLYING



1

WAYS TO AVOID BEING A CYBERBULLY:



- ❖ Think before you post. Don't post anything that might compromise your reputation or the reputation of others
- ❖ Remember not to do anything while you're angry. Give yourself time to cool down, and if you can, engage the person privately
- ❖ Read the online platform's community guidelines to learn what is appropriate and not appropriate to post

2

FIXING THINGS IF THEY GO WRONG:



- ❖ Apologise sincerely to those you have hurt in the past and others who witnessed your act of cyberbullying
- ❖ Take down the offending photo, video or comment and ask others not to pass it on
- ❖ Find distractions if you feel tempted to be mean to someone in the future - play a game, watch TV, or take a nap to clear your head