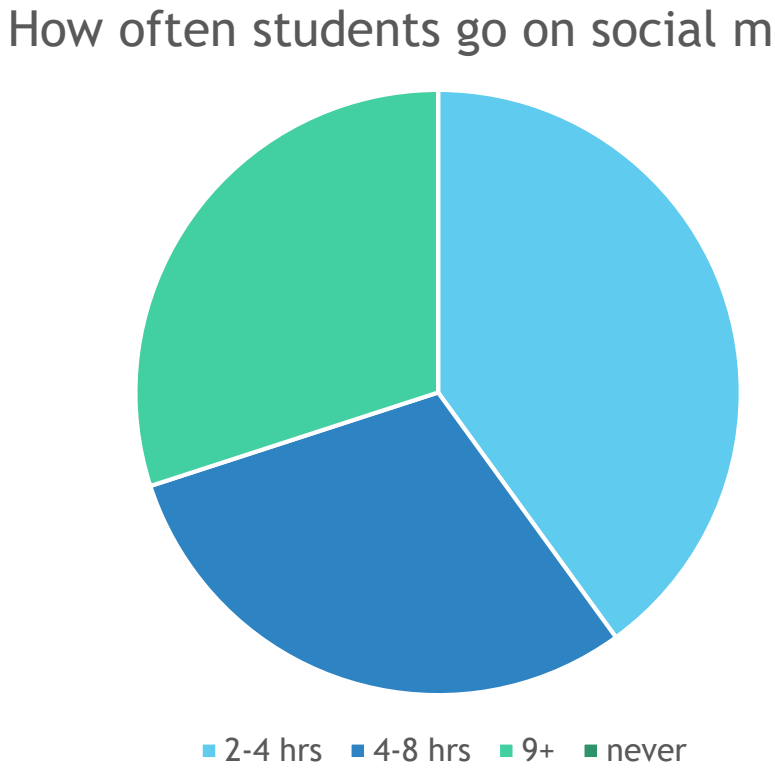
Cyberbullying – a first-hand perspective

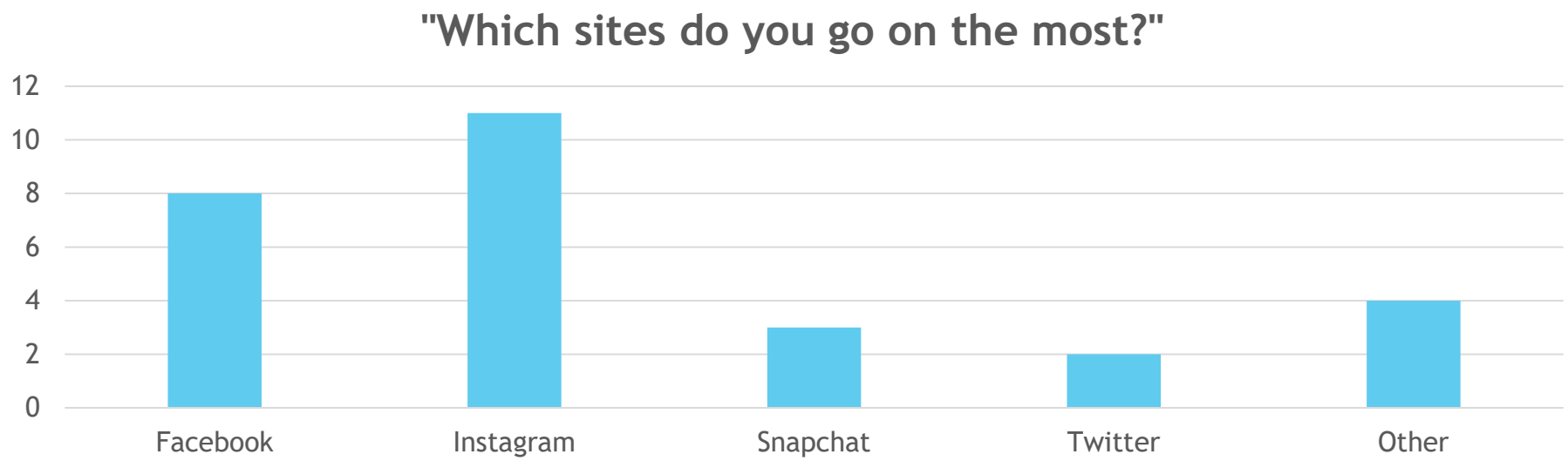
Are we familiar with it and the measures we can take?
– a survey

Social media – main platform for online bullying



"The use of social network sites such as Facebook, Twitter and Instagram for more than 2 hours a day may increase the incidence of cyberbullying across countries."

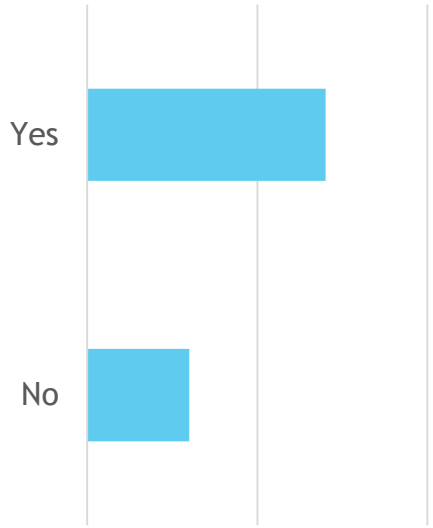
Most used social media platforms



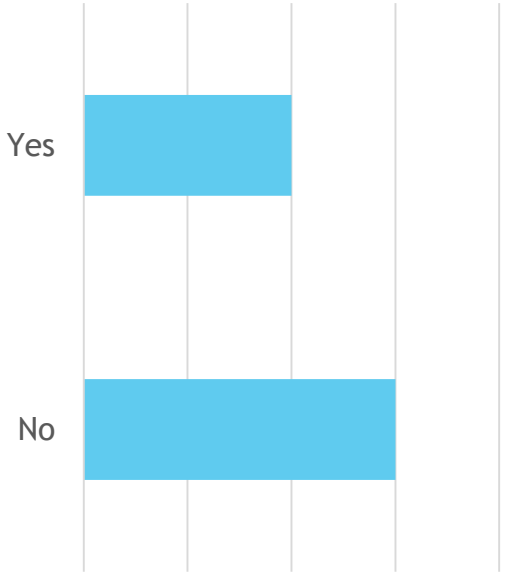
- *Do they make online bullying easier?*
- *What do social media companies do to tackle the problem?*
- *So how does it affect us?*
  - *Impact on self-esteem*
  - *Stalking and ignoring*
  - *The Imposter syndrome*

From our students' point of view:

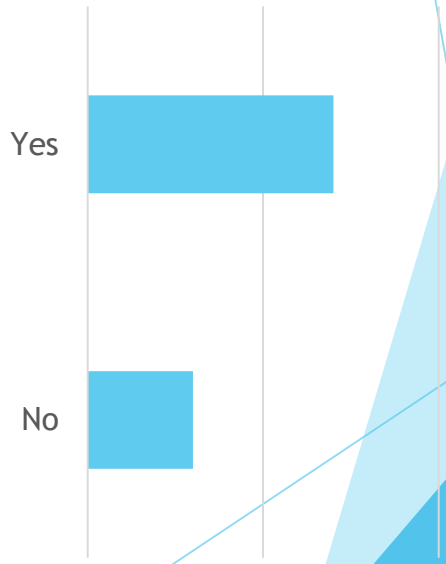
- *Have you ever had any negative experiences on social media?*

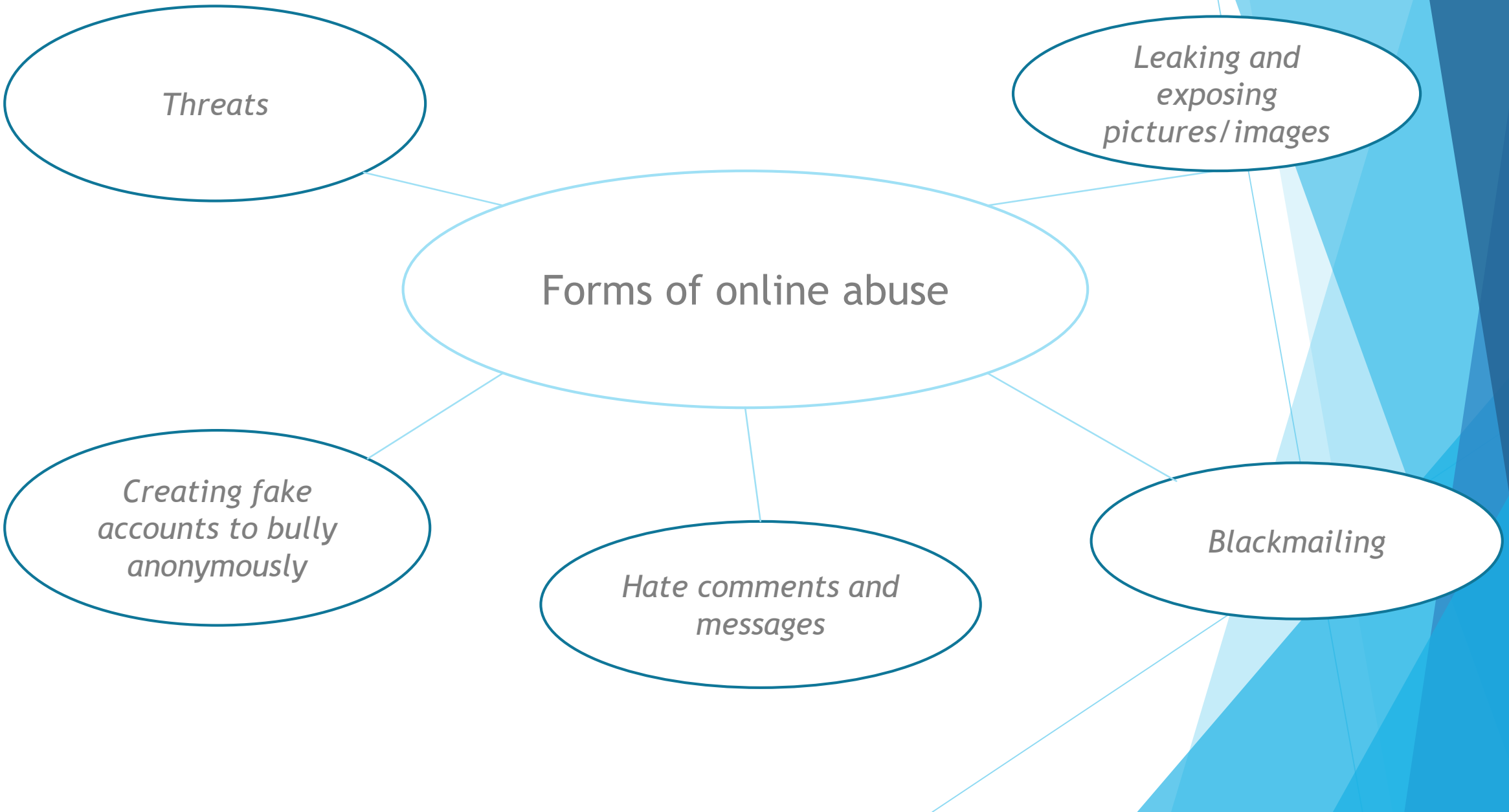


- *Have you ever bullied somebody online?*



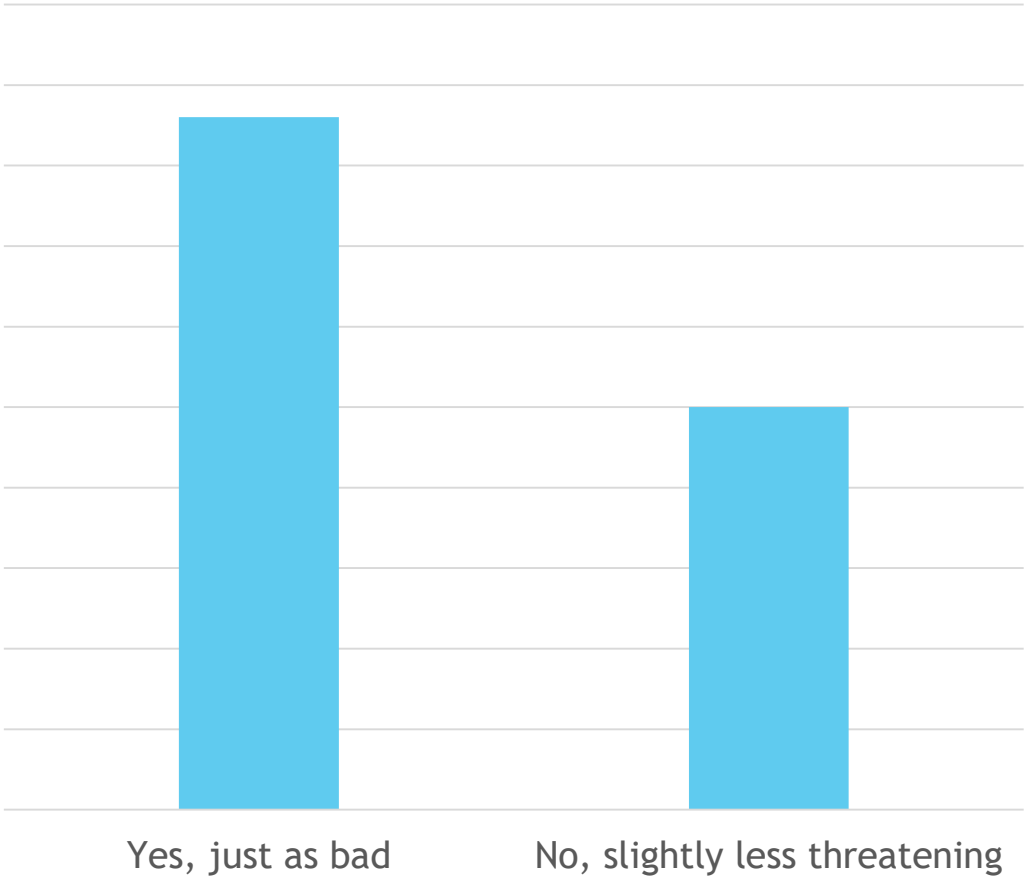
- *Are you aware of the measures you can take if you face cyberbullying?*




Forms of online abuse
Threats
Leaking and exposing pictures/images
Creating fake accounts to bully anonymously
Hate comments and messages
Blackmailing

Online bullying – as worse as face-to-face abuse?

- *What our students say:*



What experts say:

- *How the Internet makes bullying easier*
- *Psychological consequences on the victims*

So what is the solution?

What our students suggested…

- *Block/ignore the bully!*
- *Consult a friend!*
- *Seek the help of a relative or a teacher!*
- *Don’t hesitate to contact the police or other authorities if it gets out of hand!*