

Cyberbullying

In this video we are talking about cyberbullying. So first things first what is it?

Cyberbullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else. It's really nasty stuff.

Cyberbullying is so common and serious that now the police are getting involved when people are bullied online. Cyberbullying really is no laughing matter, it's a constant form of abuse with no break for the victim - you can't escape when you're at home, you can't escape on holiday. It causes feelings of sadness and loneliness.

Unfortunately cyberbullying is a growing issue that affects many different people and while technology is great it offers a platform where it is easy to make comments that they wouldn't said in real life as bullies are able to hide behind screen.

What people don't realise is that whether those comments are made online or in the real world it doesn't matter - they can be just as hurtful.

The important thing to remember here is how would you feel if you were being subjected to those comments. Probably pretty upset.

Currently 1 in 4 young people have been cyberbullied... that could be 1 out of every 4 of your friends!

If you or someone you know is being cyberbullied we recommend talking to someone – the fact is a bullies power comes from making you feel isolated and alone.

Fight back by telling a trusted friend, relative or teacher. You are never alone.