

# Bullying and Cyberbullying

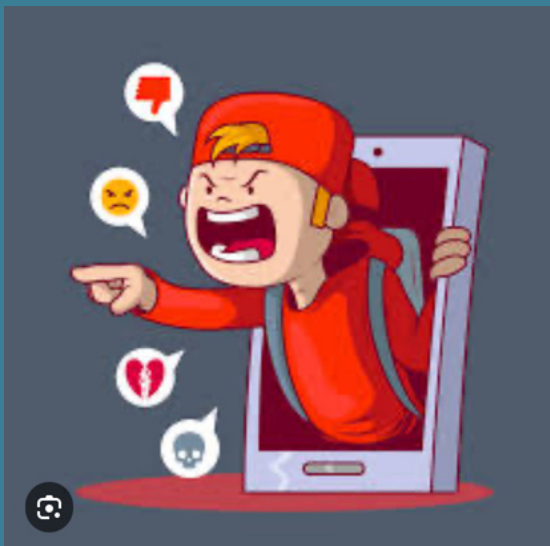


# What are bullying and cyberbullying

**Bullying** refers to the **repetitive and intentional act of causing harm,** intimidation, or distress to someone, usually in a school or workplace setting. It can be physical, verbal, or emotional.



**Cyberbullying** is a form of bullying that **takes place online or through digital platforms, like social media,** text messages, or emails. It involves sending hurtful messages, spreading rumors, or other harmful behavior via the internet or mobile devices.



# What is the difference

The main difference between bullying and cyberbullying is that:

Bullying occurs **in person**, often in settings like schools, workplaces, or social gatherings. It involves **direct physical**, verbal, or emotional harm.

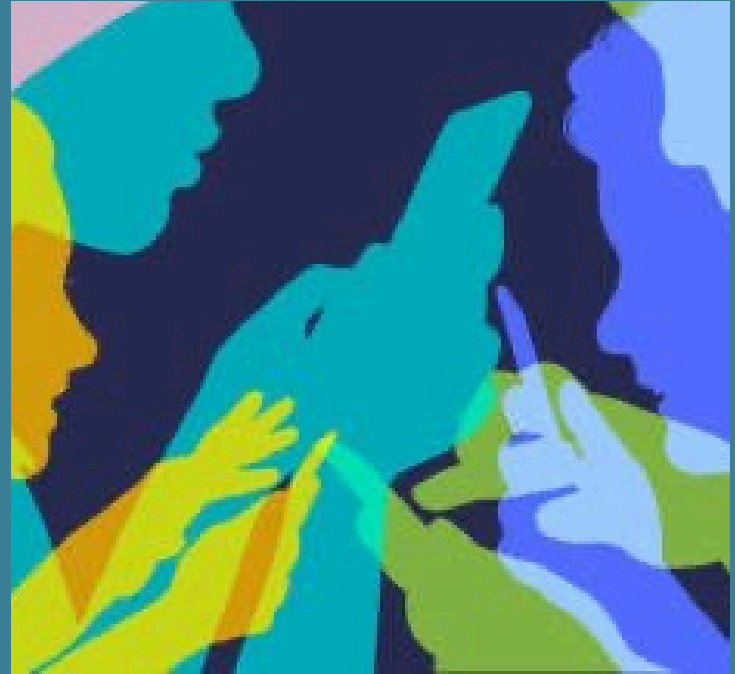
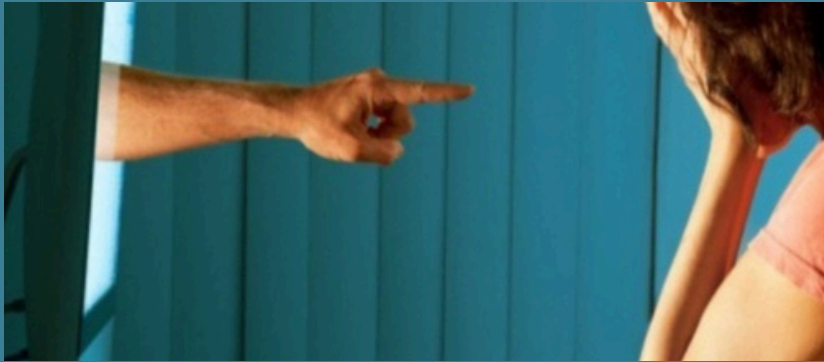
While **both can be harmful**, cyberbullying can be more **widespread** and **persistent** because it can happen anytime and anywhere, while bullying is typically limited to specific locations and times.



Cyberbullying, on the other hand, **takes place online or through digital platforms**. It involves using technology, like social media, text messages, or emails, to hurt, threaten, or manipulate someone.

# Is cyberbullying only a problem for young people ?

Cyberbullying does not affect only children and teenagers online. Also adults of all ages can experience harassment, negative comments, trolling and attacks on their physical appearance, called body shaming.



Also celebrities can be victims of cyberbullying and receive insults about their appearance or about their work, by the so-called "haters".

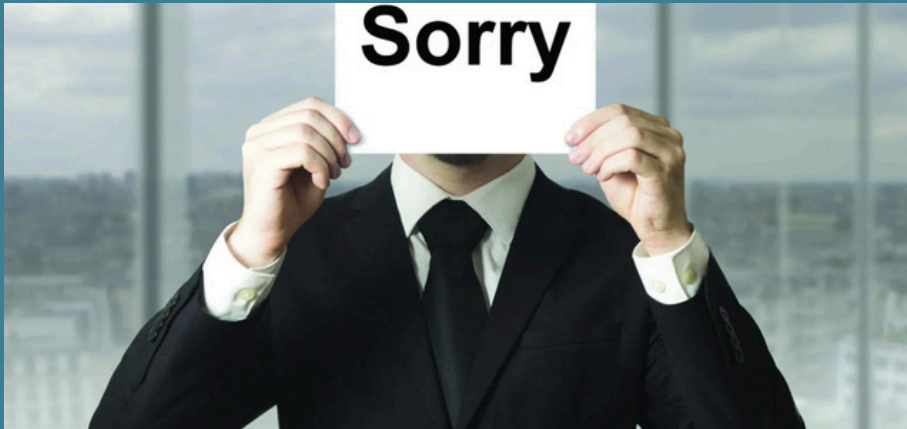




# What can you do?

If you are a teenager victim of cyberbullying you should ask teachers or parents to help you.

Both adults and teenager should check their privacy settings and should never share their passwords with anyone.



If you realise you have written an inappropriate comment online, apologise in public because this can be a good way to say no to bullying. In general, both face to face and online, you should always treat other people as you would like to be treated.



# How does a victim feel?

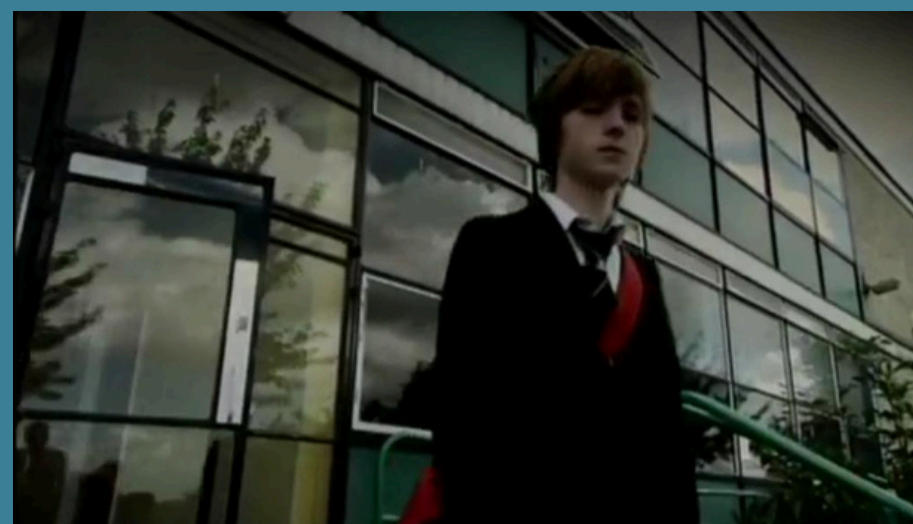
Victims of cyberbullying experience intense emotions such as **anxiety, fear, and shame**, leading to feelings of isolation and decreased **self-worth**. The relentless hurtful messages and threats can be overwhelming, causing significant **distress, including exhaustion and suicidal thoughts**.



This emotional turmoil often affects their **ability to sleep, concentrate, and engage in daily activities**, turning their experience into an **all-consuming ordeal**. The constant harassment can create a pervasive sense of **vulnerability**, making them feel as though they are perpetually on edge.

# What Jay felt.

The video is about a boy called Jay who suffers because of cyberbullying. At first he laughed off but then it continued for too long and he couldn't take it computer, and anymore. He received insults on his modern phone all the time, many anonymous phone calls and he was isolated from the other children who laugh at him at school and on the school bus.



**Finally he makes a video where he explains his suffering. His mother sees it and tells his teacher who call the police.**