

Public awareness against cyberbullying

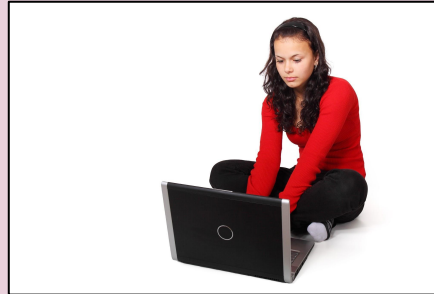


Luca, Fabiani e Vincenzi.



The definition of bullying and cyberbullying

Bullying and cyberbullying are violent and intentional manifestations, verbal, physical, social, repeated over time by one or more people, online or in real life.



The differences between bullying and cyberbullying

•Cyberbullying

social network



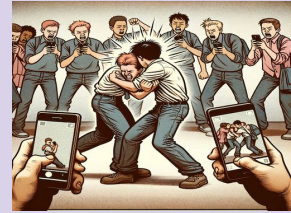
smartphone

photos



• Bullying

humiliation



real world

threat



The different ways they can hurt you



- insults
- violence
- body shaming
- photos
- videos



How do the victims feel?

Victims of cyberbullying can experience a lot of negative emotions:

- Anxiety and fear
- Depression and sadness
- Isolation and frustration



What can be done to stop cyberbullying

- Stronger Laws and Rules
- Promote Kindness and Respect
- Encourage Self-Defense Strategies
- Educate Others About Cyberbullying

Positive
online space

Mental-well
being

Respect

Laws against
cyberbullying



Who can be of help

- Family and Friends
- Teachers and Schools
- Social Media Platforms
- Law Enforcement



Some advice for everyone

- Using social media consciously
- Report and block cyberbullies
- Talk with your parents about the situation
- Support the victim
- Be mindful of your words
- Secure your accounts

