

MODULE 6 - NETIQUETTE

CHAPTER 4

CYBERBULLYING



INTRODUCTION

Cyberbullying is a growing phenomenon with the rise of digital technologies, particularly affecting online spaces such as social networks, forums and instant messaging.

It is characterized by aggressive, repeated and intentional behaviors aimed at hurting or intimidating a person via digital means. These behaviors can cause deep distress in victims, making it essential to understand and prevent this phenomenon.

This chapter provides key elements for identifying cyberbullying, understanding how to protect yourself from it, supporting victims and knowing how to react effectively to such situations.

1 CYBERBULLYING

Cyberbullying is a form of harassment that occurs online through social media, forums, instant messaging, and other digital platforms. It involves repeated and intentional attacks that seek to harm, humiliate, or isolate a person online. These digital attacks include insulting messages, threats, defamation, and posting private content, and can have serious effects on the well-being of victims.

Cyberbullying manifests itself through several signs, including the repetition of insulting remarks or content, the spreading of false rumors, threats, intimidation, and even the non-consensual sharing of photos or videos. This may include repeated insults, identity theft, threatening messages or encouraging other Internet users to attack the victim.

WITNESSING CYBERBULLYING

Witnesses of cyberbullying can help stop the harassment or, on the contrary, make it worse by sharing or spreading the illicit comments. As a witness, it is essential to:

- Do not share or encourage: Sharing the harasser's content, even to denounce, can sometimes make the situation worse by giving more visibility to the attacks.
- Condemning the illegal comments: Showing support for the victim can include actions such as reminding them of the laws in force, making it known that you object to the comments shared, and silencing the aggressor on social media to limit their reach.
- Support the victim: Report the content on platforms and support the victim publicly or privately

1 CYBERBULLYING

PROTECTING YOURSELF AGAINST CYBERBULLYING

To prevent the risk of cyberbullying, some digital security practices are essential:

- **Limit personal information shared online:** Do not post personal information (address, phone number, job, etc.) in public profiles, and restrict access to this information by setting profiles to private mode.
- **Think before you post:** Be aware that any information, image or comment you post can be retrieved and used, even by strangers.
- **Beware of suspicious links:** Never click on links sent by strangers in messages or on forums, to avoid the risk of phishing.



MODULE ALERT

Check out the Online Scams module to learn more about phishing!

- **Protect your webcam:** Keep the webcam disabled when not in use, and possibly cover the lens with a cover or sticker.



MODULE ALERT

Check out the Online Safety module to learn more about digital protection!

PROTECTING CHILDREN FROM CYBERBULLYING

Children are often the most vulnerable to cyberbullying. It is important to raise awareness of online risks and educate them to adopt a cautious stance.

Advice :

- Limit the sharing of personal information by children.
- Encourage dialogue and exchange of information if the child encounters a problem online.
- Set children's accounts to private mode to restrict interactions to approved contacts only.

Discover the article



to learn more about protecting children from cyberbullying

TO REMEMBER!

Cyberbullying is a form of harassment that manifests itself through aggressive, threatening or humiliating behaviors via digital platforms. It can take the form of messages, images or videos shared without consent. To protect yourself, it is crucial to limit the disclosure of personal information, think before you post and regularly check your online presence. In cases of cyberbullying, not blaming yourself and gathering evidence are essential. Bystanders also have a role to play: they must condemn inappropriate behavior and provide support to the victim while avoiding sharing harmful content. Resources are available to report and get help, and it is important to know the laws in force in your country.