

## What is Cyber Bullying?

Cyber Bullying is the use of technology to harass, threaten, embarrass, or target another person. Although more prevalent amongst young people it can happen to anyone at any age. It is intended to inflict harm or discomfort to others.



C'MON

# PEOPLE!

LET'S TACKLE CYBER BULLYING



## Tips for young people

1

**C**yber bullying destroys lives. Stop and think before you post, anyone may see, forward, or screenshot that post.

2

**O**nly post messages you wouldn't mind your parents or teachers seeing. Remember whatever you share online stays there.

3

**C**ontact your parent, guardian, teacher or an adult you trust if you are being bullied online. Do not respond to the bully, report it!

4

**O**nline manners matter. Always treat others how you want to be treated, with respect.



# TIPS FOR PARENTS



## Tips for parents

1

Know the sites your child visits, learn about the protections provided by these sites or apps.

2

Implement the parental controls available on all IOS and android devices.

3

Teach your child that whatever information is posted or shared online, will stay online.

4

Encourage your child to tell you if they receive messages that they feel disturbed by or uncomfortable with.

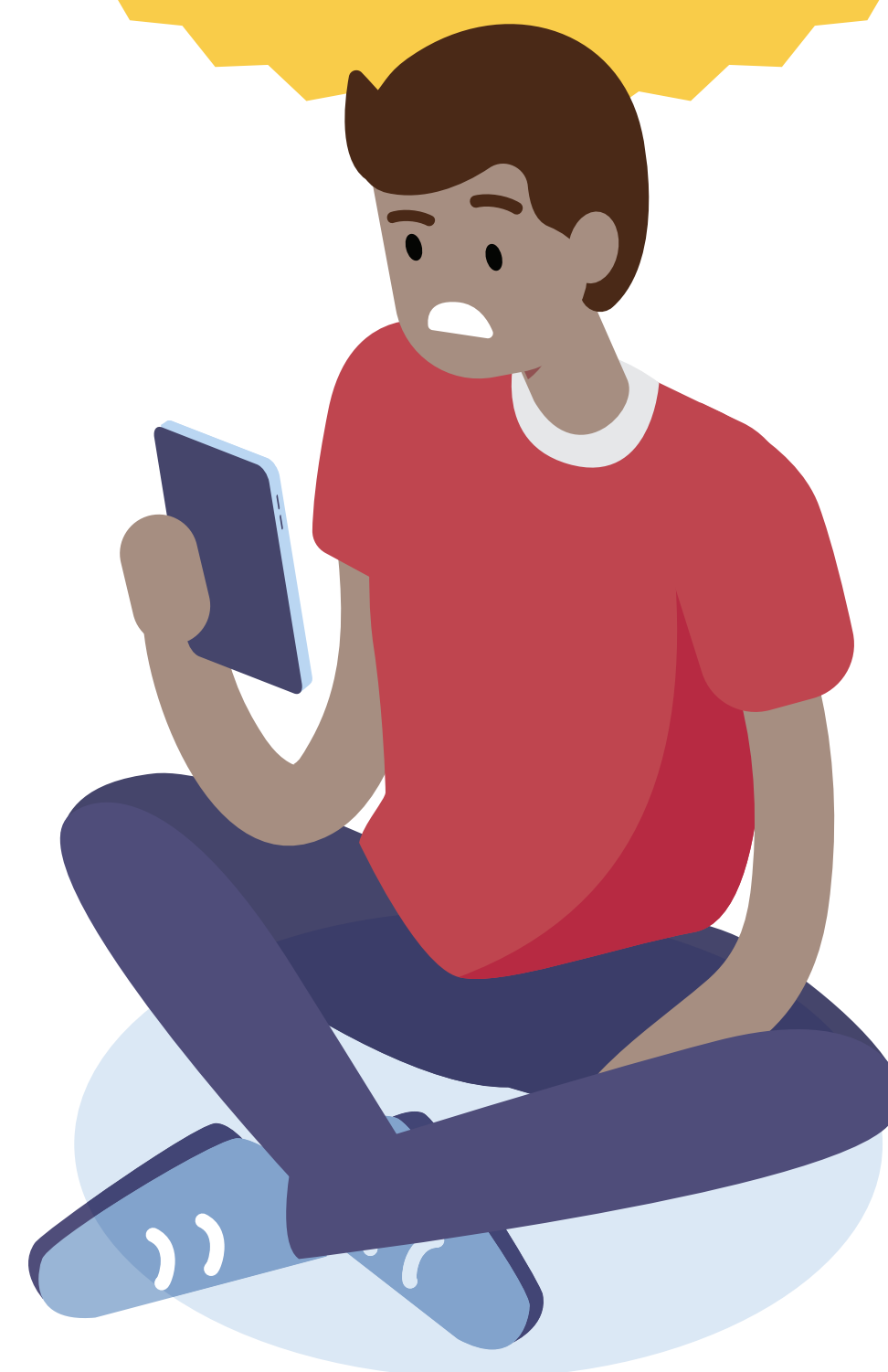
5

If you find out your child is being bullied, capture and keep evidence of bullying and block the culprit. Report the problem!

# REPORTING CYBER BULLYING



Visit  
[eir.ie/endcyberbullying](http://eir.ie/endcyberbullying)  
to learn more



## Reporting Cyber Bullying



**Keep evidence**, don't delete anything



**Save the messages or take screenshots** – each device is different, visit [www.eir.ie/endcyberbullying](http://www.eir.ie/endcyberbullying) to learn how to screenshot



**Stop all communication** and block the person



**Tell An Garda Síochána**, also consider reporting to Tusla



**Don't delete the account** as this evidence will help the Gardaí