

COMMUNICATE **SAFELY**



COMUNICAR
EM SEGURANÇA



altice
fundação

STATISTICS



**of young Portuguese people
(13 to 15 years old)**

say they experienced
bullying in the past year.



**of young Portuguese people
(11 to 15 years old)**

report having committed peer
bullying at school at least 1 time
in the last 2 months.

Source: **Unicef**

WHAT IS IT?

CYBER
BULLYING

Cyberbullying can be seen as a form or extension of bullying that is carried out through digital media. It is also aggressive, intentional and ongoing behaviour, which can happen anywhere, anytime, constantly.

While in bullying the perpetrator is known, in cyberbullying he/she is often anonymous: there is physical distance and aggressions occur through mobile phones, social networks and messages. This contributes to the complexity of the phenomenon and to the worsening of emotional consequences for the victims.

Sometimes, victims of bullying can become perpetrators of cyberbullying. Suffering previous bullying situations, social distancing and isolation, lack of parental monitoring and supervision can lead to cyberbullying.

HOW TO UNDERSTAND IT?

CYBER
BULLYING

We must be aware that from the moment a child or teenager has a mobile phone/computer/tablet, they may be at risk.

Cyberbullying may not be easy to detect, but it has very harmful effects on the lives of children and teenagers. There are both psychological and physical consequences.

In cyberbullying, the bully is always close to the victim, as far as a message, a new post, a comment. A cyberbully can torment someone 24 hours a day, making sure that no place (not even home) is safe, humiliating them in front of hundreds of witnesses, without revealing their true identity.

BE ALERT TO:

CYBERBULLYING

01

Decrease in school performance/absenteeism

06

Not wanting to go to school or leave the house

02

Physical complaints

07

Not using the mobile phone/computer/tablet anymore

03

Self-injurious behaviour

08

Feeling nervous and anxious whenever a new message comes up

04

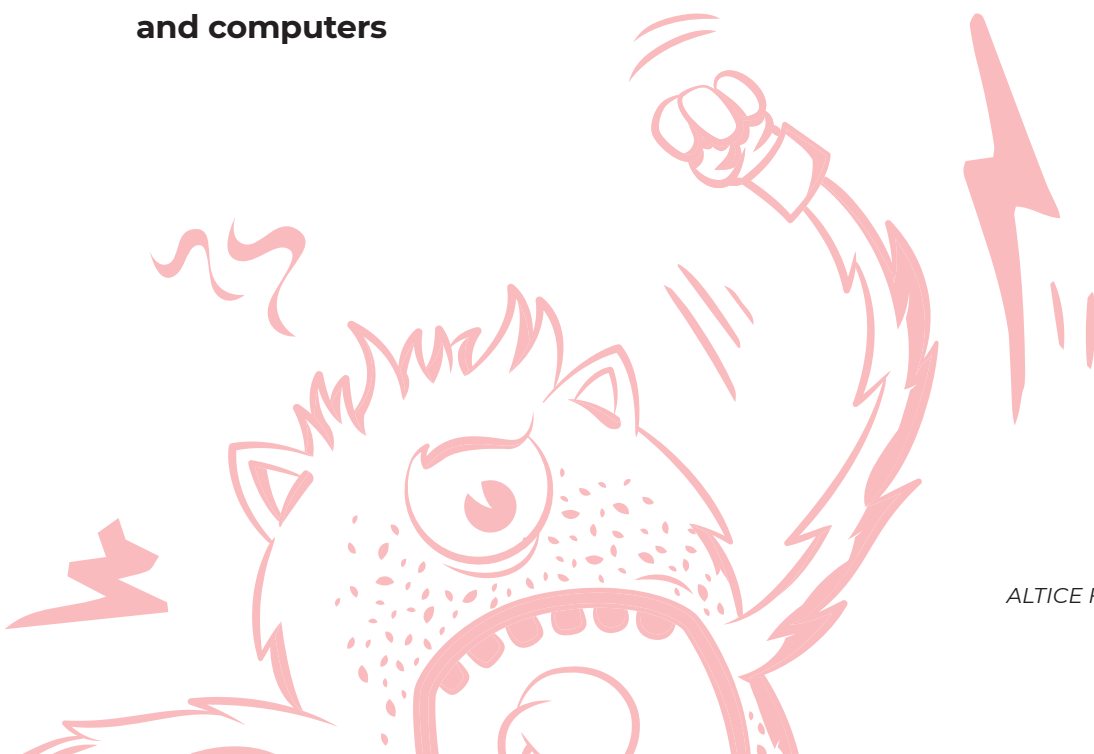
Symptoms of depression and anxiety

09

Avoiding discussions about the use of the mobile phone/computer/tablet

05

Feelings of anger, frustration, sadness or nervousness when using mobile phones and computers



HINTS/ SUGGESTIONS

Talk to your children

about what is Cyberbullying and its negative consequences and about online practices. Encourage them to share with you any situation that makes them feel uncomfortable.

Guide the child/ teenager

toward appropriate content and behaviours online.

Warn about the dangers

of using digital platforms, showing real examples of those dangers.

Teach your children

never to post personal information online; not to talk about their life online; set the example.

Keep up to date

with the digital platforms, applications and social and sharing networks mostly used by children and teenagers.

Promote an open,

conscious and positive dialogue about the use of the Internet and social networks.

Keep up with teenagers'

activities on the computer and mobile phone. According to the age, it is important to establish rules for operating the equipment and applications children and teenagers have access to, as well as for the time they use the devices.

Use parental control options

available on digital platforms.

Get to know your children's "digital friends"

- review the list with them, ask them who they are and how they know them.

Know the passwords

to access social networks (depending on their age).

HOW TO ACT?

01

Offer support and comfort
- Say it is not their fault and value the fact that they had the courage to bring up the subject. Remind them that they are not alone, that many people go through the same thing, and that they will get through it.

02

Block the user/ aggressor

03

Report the aggression on social and sharing networks or messaging services.

04

Save evidence
(messages, images)

05

Seek specialized help by calling the Online Safety Helpline
800 21 90 90
(free call)

06

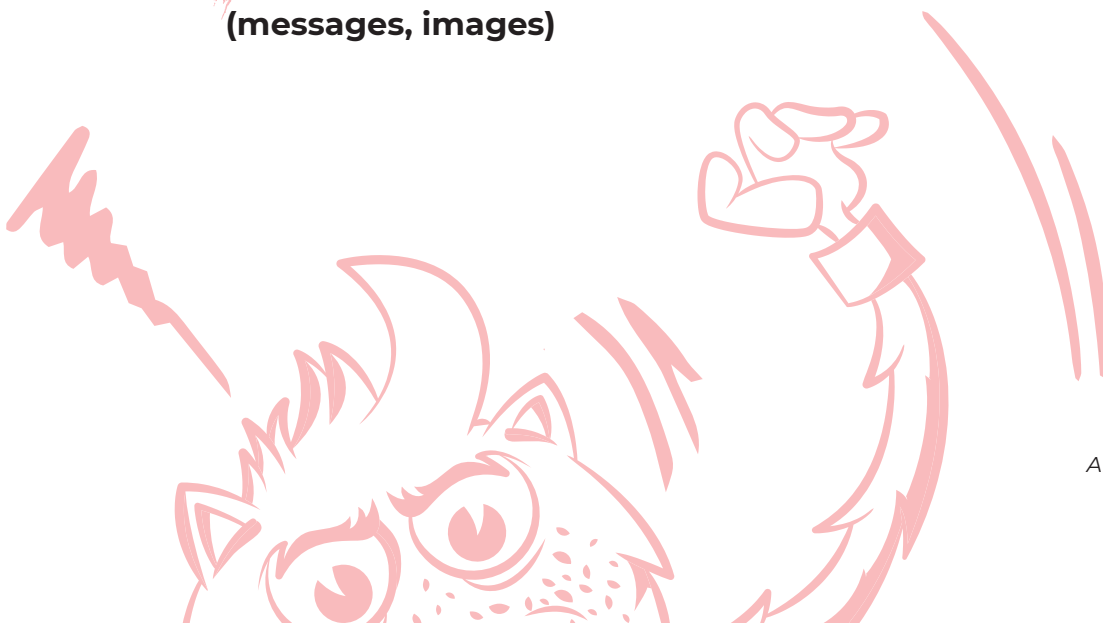
Report the situation to the authorities – PSP, GNR (police)

07

At school, report the situation to the form teacher or the school management

08

Do not encourage retaliation or direct confrontation.



ACTIVITY PROPOSAL

The aim of this activity is to provide students with reflections on Cyberbullying, and discuss how technological tools are used to expose, intimidate and assault people on online platforms.



VIDEO 1



VIDEO 2

01

Definition of Cyberbullying: what is it and who are the victims?

04

Resources people use for committing Cyberbullying.

02

How Cyberbullying works.

05

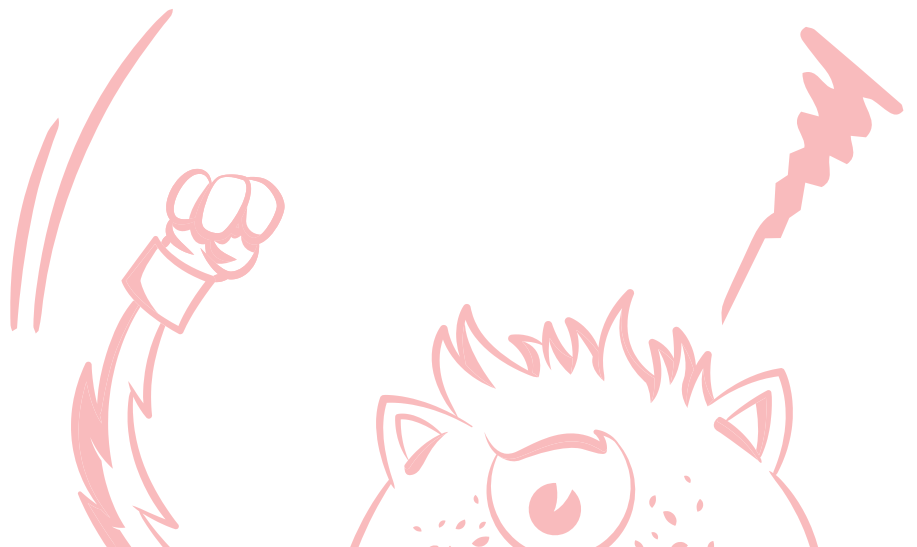
Means to fight Cyberbullying.

03

Examples of Cyberbullying.

06

Signs of aggression in a person who has suffered Cyberbullying.



**DON'T DO TO
OTHERS WHAT
YOU DON'T
WANT DONE
TO YOU!**

**ONLINE SAFETY HELPLINE
808 21 90 90**

PROJECT



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