

subscribed

Cyberbullying



A definition

The rise of technology has created a new form of intimidation, cyberbullying, defined as online mistreatment and repeated attacks through social media and messaging platforms.

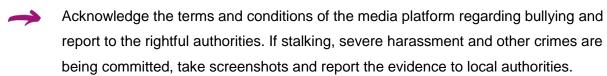


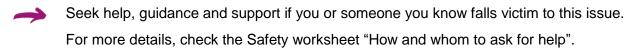
Why is this important?

In 2020, 33% of girls and 20% of boys in Europe reported experiencing disturbing content online at least once a month, and in 2022, nearly 1 in 6 contacts to European helplines involved forms of cyberbullying, including physical threats, stalking and sexual abuse (European Parliament, 2023).



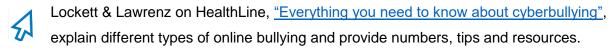
Tips and tricks

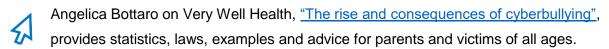






Useful resources and tools





- UNICEF, <u>"Cyberbullying: What is it and how to stop it"</u>, lists and answers 11 questions about cyberbullying, how to identify or address it, help victims or punish perpetrators.
- Stop Bullying, a federal government website managed by the US Department of Health and Human Services, provides definitions, tips, and resources to fight bullying.
- ReThink is a movement and app which detects offensive or hurtful content before it is posted and prompts deleting, blocking or reporting, helping users become responsible.
- FindAHelpline is a website that allows you to find a helpline in your country to address bullying, abuse, mental health, discrimination and more.

