



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

- ➔ Acknowledge the terms and conditions of the media platform regarding bullying and report to the rightful authorities. If stalking, severe harassment and other crimes are being committed, take screenshots and report the evidence to local authorities.
- ➔ Seek help, guidance and support if you or someone you know falls victim to this issue. For more details, check the Safety worksheet “How and whom to ask for help”.



Useful resources and tools

- ➔ Lockett & Lawrenz on HealthLine, [“Everything you need to know about cyberbullying”](#), explain different types of online bullying and provide numbers, tips and resources.
- ➔ Angelica Bottaro on Very Well Health, [“The rise and consequences of cyberbullying”](#), provides statistics, laws, examples and advice for parents and victims of all ages.
- ➔ UNICEF, [“Cyberbullying: What is it and how to stop it”](#), 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.