



CyberBullying

Important information for parents and young people from Manor St. John Youth Service in Waterford City.

What is CyberBullying ?

CyberBullying involves the use of mobile phones, text messages, instant messaging (IM), emails, defamatory personal Web sites, and defamatory Internet forums or chatrooms, to engage in **deliberate, repeated, and hostile** behaviour by an individual young person, or a group of young people that is intended to harm other young people.

It is **not** a once-off incident.

Examples of CyberBullying.

- Sending nasty, mean or threatening text messages.
- Making silent or threatening mobile phone calls.
- Sending nasty emails & putting up nasty posts or pictures on a bulletin board, website or chat room.
- Pretending to be someone else in a chat room or message board or text message and say horrible things.
- Accessing someone's accounts (Facebook for example) to scare them or make trouble for them

If You are a Victim of CyberBullying

Here is what you must do. –

- First take 5 minutes. Step away from the computer and give yourself time to calm down
- Block the CyberBully from your 'Friends' list. Do not answer or reply to bullying calls, texts or emails.
- Finally the most important point - **Tell your parents or guardian - so you do not have to deal with the bullying on your own.**

If You Are a Parent of a Victim

- Talk to your children – always be interested in their online activity and who they are friends with.
- Educate yourself about all aspects of Social Networking & the growing problem of CyberBullying – one in five Irish children in a recent survey reported an incident of CyberBullying.
- Parents need to talk about this too - Seek support from – friends, teachers, youth workers & other parents.
- Teach your children the importance of keeping personal information private - at all times.



Important Contact Information

- Talk to one of our youth workers— our address is –

Manor St. John Youth Service,
Manor St. John Community Complex,
Lisduggan,
Waterford City.

- Call Manor St. John Youth Service on 051 – 372169.
- Visit us at www.manorstjohn.ie .