



LEADERS IN THE DIGITAL WORLD

E-Safety

Learn E-Safety and be safe
in the Digital World

ERASMUS PROYECT ES10 KA210 SCH 000032341



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CEIP EL PERAL

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WHAT CIBERBULLYING IS

There are some types of bullying

Physical Bullying

Intentionally injuring or intimidating another person by striking, pinching, pushing, kicking, or damaging their property.

Verbal Bullying

The use of abusive language or name calling, including remarks that are racist and homophobic.

Psychological Bullying

Intimidation or humiliation that negatively affects one's mental health and wellbeing.

Cyberbullying

Repeatedly sending hurtful messages through social media, gaming platforms or chat rooms.



WHAT CIBERBULLYING IS

CYBERBULLYING CAN OCCUR THROUGH

SMS

TEXTS: WHATSAPPS, TEAMS, EMAILS,

ON LINE SOCIAL MEDIA: INSTAGRAM,
FACEBOOK, SNAPCHAP, TICK TOK,...

ON LINE GAMES, FORUMS,, REDDIT,



WHAT ARE THE CIBERBULLYING EFFECTS



WHEN BULLYING HAPPENS ONLINE IT CAN FEEL AS IF YOU'RE BEING ATTACKED EVERYWHERE, EVEN INSIDE YOUR OWN HOME.

EFFECTS

MENTAL EFFECTS: FEEL UPSET, DEPRESSED, STUPID...

EMOTIONAL EFFECTS: FEEL ASHAMED OR LOSE INTEREST IN HOBBIES

PHYSICAL EFFECTS: TIRED, LOSS OF SLEEP, STOMACHACHES, HEADACHES..



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HOW TO PREVENT CIBERBULLYING

1

BE AWARE OF WHAT YOUR KIDS ARE DOING ONLINE

2

HELP KIDS TO UNDERSTAND CIBERBULLYING.
TELL THEM BULLYING IS UNACCEPTABLE

3

MODEL HOW TO TREAT OTHERS WITH RESPECT
AND KINDNESS

4

KEEP THE LINES OF COMMUNICATION OPEN

5

EXPLAIN TO THEM THE RISKS THAT EXIST IN CYBERSPACE



DIGITAL AWARENESS FOR PARENTS

1

ESTABLISH RULES ABOUT APPROPRIATE DIGITAL BEHAVIOUR,
CONTENT, APPS, TIME...

2

IF YOU HAVE CONCERN THAT CIBERBULLYING MAY
OCCUR, MONITORING SOCIAL MEDIA SITES.

3

FOLLOW YOUR KID ON SOCIAL MEDIA: INSTA, TICK TOK,
SNAPCHAT,...

4

STAY UP-TO-DATE ON THE LASTEST APPS , DIGITAL
SLANG USED BY TEEN

5

KNOW PASSWORDS ANSD USER NAMES FOR SOCIAL
MEDIA, EMAILS...



WARNING SIGNS

1

NOTICEABLE INCREASES OR DECREASES IN DEVICE USE, INCLUDING TEXTING

2

A CHILD EXHIBITS EMOTIONAL RESPONSES (LAUGHTER, ANGER, UPSET) TO WHAT IS HAPPENING ON THEIR DEVICE.

3

A CHILD HIDES THEIR SCREEN OR DEVICE WHEN OTHERS ARE NEAR

4

SOCIAL MEDIA ACCOUNTS ARE SHUT DOWN OR NEW ONES APPEAR

5

AVOID SOCIAL SITUATIONS, BE TIRED, SAD, DEPRESSED...



WHAT TO DO IF YOU SUFFER IT

1

TALK TO YOUR PARENTS, TEACHERS, FRIENDS AND EXPLAIN WHAT IS HAPPENING

2

TELL THE BULLYERS TO STOP AND BLOCK THEM ON SOCIAL MEDIA, ONLINE GAMES...

3

DON'T RESPOND TO AND DON'T FORWARD CYBERBULLYING MESSAGES.

4

KEEP EVIDENCE OF CYBERBULLYING

5

IF YOU KNOW OF A CASE OF CYBERBULLYING, REPORT IT TO TEACHERS, PARENTS TO STOP IT.



OUR ADVISES ABOUT CIBERBULLYING

YOU ARE NOT ALONE IN THE DIGITAL WORLD

REPORT ABUSE OF ANY TYPE

ALWAYS BE KIND , ALWAYS BE LEGAL

USE THE INTERNET IN A RESPONSIBLE WAY.

TALK TO YOUR FRIENDS, YOUR TEACHERS, AND YOUR PARENTS

WITHOUT AN ADULT'S ADVICE, DON'T VISIT UNKNOWN SITES

DON'T RISK GETTING A FRIGHT



OUR ADVISES ABOUT CIBERBULLYING



DON'T SHARE PERSONAL INFORMATION

PUT YOUR PROFILES PRIVATE

DON'T ADMIT UNKNOWN PEOPLE TO YOUR SOCIAL MEDIA

DON'T SHARE PERSONAL PHOTOS

DON'T TAKE PART OF CIBERBULLYING ACT AGAINST A FRIEND

REPORT CYBER-BULLYING

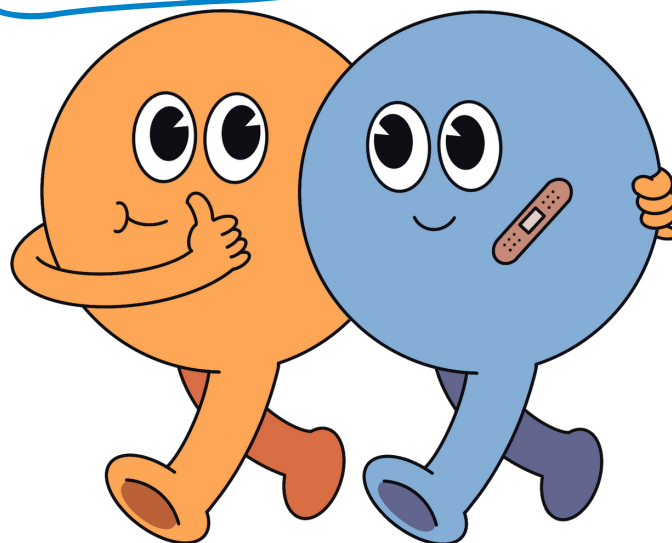
BLOCK IF YOU FEEL UNCOMFORTABLE



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Be A

Buddy,



Not A

Bully!



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