Let me Share it out

Don't share offensive

comments and pictures





Never get into flame wars to support victims

# Stand Against Cyber-bullying Don't Be a Bystander

Don't launch cyber manhunt to disclose others' personal information via social media



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**Student Health Service** 

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Healthy Use of Internet and Electronic Screen Products

### Stand Against Cyber-bullying Don't Be a Bystander Q&A 1



A friend of mine forwards to me a video about a classmate. I find that it is a video of my classmate being humiliated and bullied. What should I do if someone I know is being cyberbullied?

- 1. Bullying is never a joke or something funny. It may lead to serious consequences. If you receive a nasty message or a picture about someone, do not forward it. You could be assisting a bully, and even be accused of cyber-bullying.
- 2. Before you post or forward a funny picture of your friend or make a joke about someone online, ask yourself whether you want everyone to see it. What you think is a joke may really hurt someone else. Always think before you post or forward messages to others. Do not incite any cyber-bullying. When someone you know is being cyberbullied, support the victim by reporting the incident to a trusted adult.
- 3. Respect the privacy of others by not disclosing information of others when using the Internet. Always seek permission before sharing, posting or forwarding messages or pictures publicly online.
- 4. Always check and verify online content or message you receive from others. Analyse information and its sources critically. Be aware of biased opinion and inappropriate content.



More information Sm@rt e-team <u>Primary School Students</u> <u>Secondary School Students</u> <u>Teachers</u> <u>Parents</u> Healthy Use of Internet and Electronic Products

## Stand Against Cyber-bullying Don't Be a Bystander Q&A 2



If I express my resentment towards certain issues or say something negative about someone while remaining anonymous online, shouldn't it be fine since I am appearing "invisible" and no one shall be able to identify me?

- 1. Although most people who cyberbully may attempt to remain anonymous, there are ways to find out information about where cyber-bullying originated. Evidence can be gathered from online and mobile communications. Remember that when you send a message to someone, you cannot see the impact that your words or images have on the other person. Something sent as a joke may be deeply upsetting or offensive to others. You may not be fully aware of the potential seriousness or impact of your actions.
- 2. We should learn to respect people with different opinions and think critically. Try to make positive use of technology and create a positive footprint. When publishing information or having conversations with others online, always show respect to people and be a responsible "digizen".
- 3. Be mindful of how you present yourself online, who can see your content and how others are going to respond to your messages. Be aware of how others may be hurt by what you do, whether you intend to harm or not. It may cause serious emotional disturbance even suicidal ideation to the victim.
- 4. Be aware of the potential legal consequences of cyber-bullying. Many cyber-bullying incidents can themselves act as evidence. The bully will leave a "digital footprint" that can potentially be used as evidence. To identify the perpetrator, the police may request the service provider to disclose the data about a message or the person sending a message which can be used as evidence against the bully.



#### Stand Against Cyber-bullying Don't Be a Bystander Q&A 3

What should I do if someone online is being unkind to a kid I know? I tried not to join in but the bully began to attack me by sending nasty messages, making jokes and calling names. What should I do?

- 1. What you encounter is a form of cyber-bullying, that someone uses technology, like Internet or smartphones, to deliberately and repeatedly bully another person. It can be in the form of nasty and hurtful messages, pictures or videos.
- 2. It is right for you not to join in or spread the unkind messages from the bully.

#### Smart Talk

- 1. We should learn to respect people with different opinions and think critically. We should be polite in our messages or reply to others online. Never use offensive language to chat online.
- 2. If someone or something makes you feel uncomfortable or worried, tell your parent, teacher or a trusted adult right away to discuss ways to solve the problem.
- 3. Do not incite any cyber-bullying. When someone you know is being cyberbullied, support the victim by reporting the incident to a trusted adult.
- Try to block all communication with the bully and save all the messages, emails, pictures or videos as well as record the user name, date and time of the cyber-bullying incident as evidence.
- 5. Do not retaliate or respond to the bully. Replying to the bully may trigger more bullying messages.

