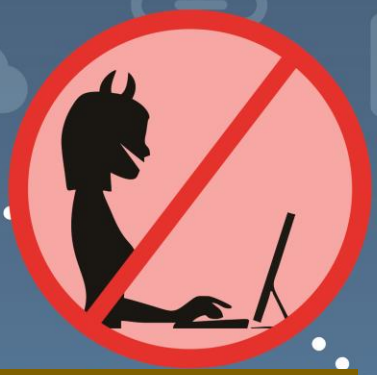
6 WAYS To Prevent Cyber-Bullying

Do not delete cyberbullies' messages which may be used as evidence later



Do not reply to cyberbullies, as this may stimulate further intimidation

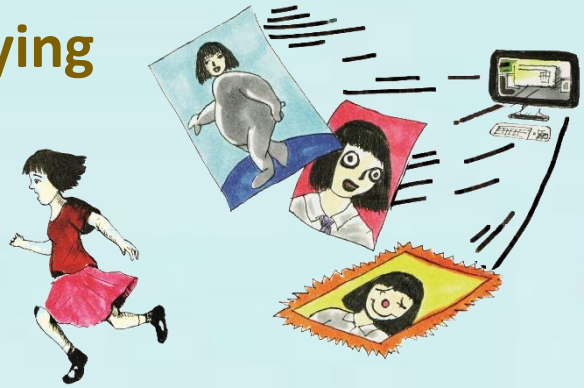
Seek help from teachers and parents

Request the Internet service provider to remove the offensive messages or pictures

Block the cyberbullies

Monitor whether the bullying continues, report to police if necessary

6 Ways To Prevent Cyber-bullying
Q&A 1



Someone I meet on the Internet send nasty messages and images about me to others within different interactive online sites. Is it cyber-bullying? What should I do to stop it?

1. Cyber-bullying refers to someone uses technology, like Internet or mobiles, to deliberately and repeatedly bully another person. It can be in the form of nasty and hurtful messages, pictures or videos.
2. If you encounter cyber-bullying, report the incident to a trusted adult right away to discuss ways to solve the problem.
3. Report to the moderator of the site or service provider that you have been bullied. Check providers' websites to see where to report incidents. If the cyber-bullying is serious and if the messages include threats, report to the police.
4. Try to block all communications 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.

More Information:

Sm@rt e-team: Primary School Students 、 Secondary School Students 、 Parents 、 Teachers

Healthy Use of Internet and Electronic Screen Products

6 Ways To Prevent Cyber-bullying
Q&A 2

What e-safety issues should I be aware of?

1. Inappropriate content is available to children online. Some online materials may contain violent or sexually-explicit content, dirty languages or other inappropriate behaviours which are not suitable for children and young people.

2. By giving out personal information when chatting or posting online, students may be at risk of making their personal information public. These information may be replicated or recorded permanently in the Internet which may cause serious consequences.

3. Students may become victims of online predators if they disclose too much personal information or post nude pictures.

4. By receiving, sending or forwarding threatening and unwanted messages, students may be involved in cyber-bullying.

5. There is a risk of excessive use of the Internet and gaming which may affect other important aspects of their lives, including academic performance, daily activities, interpersonal communications.

More Information:

Sm@rt e-team: Primary School Students 、 Secondary School Students 、 Parents 、 Teachers

Healthy Use of Internet and Electronic Screen Products