



## Cyber-bullying and Cyber-Stalking

### Advice for young people about dangers and risks online

The internet is certainly a valuable and fun resource for instant entertainment, sharing media, meeting new people, keeping in touch and a phenomenal learning tool; however, with this technology comes great responsibility.

The internet poses a significant amount of risk from various forms of illegal activity, ranging from bullying, indecent images, through to fraud; people on the internet aren't always who they seem.

In the same way you learn about safety when you leave the house, it is important to learn how to stay safe online and to use these are skills throughout your life.

#### Cyber-bullying

Cyber-bullying has the same effect as face to face bullying; the victim can be made to feel frightened and alone, while the bully hides and attacks from behind a screen to avoid being identified or held to account. Often cyber bullies feel braver because they can't be seen, but it can actually be the most traceable form of bullying because there's actual evidence that it happened.

Posting comments, images and videos about a person online causes a victim to feel frightened and upset

Cyber-bullying can encourage others to become involved; in some cases the attack can become viral

Cyber bullies can hack a victim's personal accounts and harass them from within their own user profile

#### Cyber-stalking

Cyber-stalking is harassment on the internet; it can be just as frightening as being physically stalked in real-life. Females are more commonly victims of this behaviour, but males are also at risk; a common scenario is when an ex-boyfriend or girlfriend is upset about the end of the relationship.

Cyber stalking may take place when an online friendship/relationship turns sour; the perpetrator may constantly message you or others close to you causing distress and/or anxiety. They may also stalk you by watching your online activity without you being aware; this can also happen entirely at random, by an online stranger

#### Help & Support

Below are organisations that can give you information, help, advice and support



A web site offering age appropriate games, videos and information about the internet; find out what's good, what's not and what you can do to stay safe; report online incidents that make you feel worried or uncomfortable [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



A web based support service for young people and their families offering advice and information relating to all aspects of bullying, including cyber. [www.bullying.co.uk](http://www.bullying.co.uk)