



CYBER BULLYING

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted.

Examples:

- spreading lies about or posting embarrassing photos of someone on social media
- sending hurtful messages or threats via messaging platforms
- impersonating someone and sending mean messages to others on their behalf



BULLYING & CYBER BULLYING



¹¹“Cyberbullying: What Is It and How to Stop It.” UNICEF, www.unicef.org/end-violence/how-to-stop-cyberbullying.

¹²“Cyberbullying: What Is It and How to Stop It.” UNICEF, www.unicef.org/end-violence/how-to-stop-cyberbullying

BULLYING

Dictionary Meaning*

the behaviour of a person who hurts or frightens someone smaller or less powerful, often forcing that person to do something they do not want to do ⁵

<p>FORMS OF BULLYING VERBAL</p>  <p>Verbal bullying can be teasing, threatening, calling names, inappropriate words, etc.</p>	<p>FORMS OF BULLYING SOCIAL</p>  <p>Social Bullying can be leaving someone out of an activity, singling out in front of peers, making up rumors, etc.</p>
<p>FORMS OF BULLYING PHYSICAL</p>  <p>Physical bullying can be pushing, kicking, tripping, punching, spitting, taking possessions, breaking things, etc.</p>	<p>FORMS OF BULLYING CYBER</p>  <p>Social Media Bullying can be spreading rumors, leaving someone out, etc. This type of bullying is done using social media.</p>
<p>KEY VOCABULARY BULLY</p>  <p>A bully is a person who repeatedly bothers someone else verbally, socially and/or physically.</p>	<p>KEY VOCABULARY BYSTANDERS</p>  <p>A bystander is a person who watches bullying take place but does nothing about it.</p>
<p>KEY VOCABULARY VICTIM</p>  <p>The victim (or target) is a person who is being bullied by someone.</p>	<p>KEY VOCABULARY UPSTANDER</p>  <p>An upstander is a person who watches bullying take place and does something about it.</p>
<p>KEY VOCABULARY BULLYING</p>  <p>Bullying is defined as aggressive, repeated behaviour by a person towards another that is unwanted.</p>	<p>KEY VOCABULARY ASSISTANT</p>  <p>An "assistant" is the person who laughs at or encourages bullying behaviour but is not the actual bully.</p>

*"BULLYING: Meaning in the Cambridge English Dictionary." Cambridge Dictionary, <https://dictionary.cambridge.org/dictionary/english/bullying>

What Constitutes Bullying?⁶

- An Imbalance of Power: People who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

THE 3 TYPES OF BULLYING ⁷

- Verbal bullying
- Social bullying
- Physical bullying

• Verbal Bullying is saying or writing mean things.

Verbal bullying includes:

- o Teasing
- o Name-calling
- o Inappropriate sexual comments
- o Taunting
- o Threatening to cause harm

• Social Bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

Social bullying includes:

- o Leaving someone out on purpose
- o Telling other people not to be friends with someone
- o Spreading rumors about someone
- o Embarrassing someone in public

• Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- o Hitting/kicking/pinching
- o Spitting
- o Tripping/pushing
- o Taking or breaking someone's things
- o Making mean or rude hand gestures

⁶Assistant Secretary for Public Affairs (ASPA). "What Is Bullying." StopBullying.gov, 21 July 2020, www.stopbullying.gov/bullying/what-is-bullying.

⁷Assistant Secretary for Public Affairs (ASPA). "What Is Bullying." StopBullying.gov, 21 July 2020, www.stopbullying.gov/bullying/what-is-bullying.

What is Workplace Bullying?

- 'Workplace bullying' is defined as repeated, unreasonable behaviour directed towards a worker, or a group of workers, that creates a risk to health and safety.⁸

Impacts of Workplace Bullying⁹

Individual	Organisational
<ul style="list-style-type: none"> o Psychological distress o Impaired cognitive ability o Poor work performance o Low self-esteem o Physical illness 	<ul style="list-style-type: none"> o Decreased productivity o Turnover o Decreased trust, loyalty and morale o Poor public image

Common Workplace Bullying Behaviours¹⁰

- Verbal abuse
- Excessive criticism
- Being given an unmanageable workload
- Public ridicule and humiliation
- Excessive pressure and unreasonable deadlines
- Being ignored or isolated

⁸Ikin, Heather. "Workplace Bullying: Understanding Your Responsibilities." TMS Consulting, 6 May 2019, www.tmsconsulting.com.au/blog/workplace-bullying-understanding-your-responsibilities/.

⁹Ikin, Heather. "Workplace Bullying: Understanding Your Responsibilities." TMS Consulting, 6 May 2019, www.tmsconsulting.com.au/blog/workplace-bullying-understanding-your-responsibilities/.

¹⁰Ikin, Heather. "Workplace Bullying: Understanding Your Responsibilities." TMS Consulting, 6 May 2019, www.tmsconsulting.com.au/blog/workplace-bullying-understanding-your-responsibilities/.