

CYBERBULLYING

Il-Bullying isir meta:

Xi hadd irid
iweġġa' lil xi
ħaddieħor
b'intenzjoni

Din l-azzjoni
tkun ripetuta
bosta drabi

L-istima tat-
tifel jew tat-
tifla tiġi
affettwata

Cyberbullying iseħħ meta wieħed jibgħat messaqġi, kummenti, ritratti jew vidjows (xi kultant b'mod anonimu) fuq apparat elettroniku, bl-intenzjoni li jxerred xnigħat, iweġġa', iwaqqa' għaċ-ċajt, iqarraq, jhedded jew ikun kattiv ma' xi hadd onlajn.

Cyberbullying jista' jseħħ fuq diversi pjattaformi diġitali bħal ngħidu aħna, pjattaformi tal-midja soċjali, chatrooms, u blogs.

Kif tista' tipproteġi lilek innifsek

Tagħtix
informazzjoni
personali jew
passwords

Żomm
l-evidenza
ta' dak li
qiegħed
jiġri

Taċċettax
talbiet ta'
nies li ma
tafx

Imblokka
jew ħassar
lill-bully
mil-lista
tal-ħbieb
tiegħek

Tkomplix
mal-bully

Tkellem ma'
adult li tafda
meta xi ħaġa
online
qiegħda
ddejpek

Huwa normali li tħossok irrabjat. L-importanti hu li titlob l-għajnuna!

be SMART
ONLINE!

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SUPPORTLINE
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CYBERBULLYING


Bullying is when:



Cyberbullying happens when someone sends messages, comments, photos or videos (sometimes anonymously) on technological devices with the intention of spreading rumours, hurting, making fun of, threatening or being mean to someone.

Cyberbullying can occur on various digital platforms, such as social media platforms, chatrooms, and blogs.

How can you protect yourself?



Take a screenshot

Block or delete the bully from your friend's list

Do not accept requests from people you do not know

Do not give out personal information or passwords

Do not engage with the bully

Speak to a trusted adult when something online is bothering you

It is normal to feel angry and upset. It is important to ask for help!