



**Pol-Ed**®

Police Inputs

Primary

Input

Consequences of Crime:

# Cyberbullying



# During this lesson we will:

**Understand**  
what is meant by  
cyberbullying.

**Consider**  
how I keep myself safe  
online and understand  
the impact my actions  
online can have on  
others.

**Learn**  
what do I do if I feel I  
am being cyberbullied  
or if I am cyberbullying  
someone.



# Cyberbullying

What is cyberbullying?



# Cyberbullying

What is cyberbullying?

Cyberbullying is any form of bullying which has taken place online and can cause distress to an individual or group of people.



# Types of Cyberbullying

Sharing  
Messages

Text  
Messages

Shaming



# Types of Cyberbullying

Sharing  
Messages

**Text  
Messages**

Sending unkind, rude, abusive or threatening messages to someone is a type of cyberbullying.

This could include sharing these texts with other people who might join in with the bullying.

Shaming



# Types of Cyberbullying

Trolling

Sharing  
Messages

Text  
Messages



# Types of Cyberbullying

Trolling

Creating and sharing any images or videos which cause another person to feel embarrassed or upset is cyberbullying.

Sharing  
Messages

These videos or images could be shared using different devices, such as mobile phones, tablets or laptops. They could also be shared through a variety of platforms, such as messages, online chat groups or social media.

Text  
Messages



# Types of Cyberbullying

Exclusion

Trolling

Sharing Messages



# Types of Cyberbullying

Exclusion

Trolling

Sharing  
Messages

Trolling is posting or sending upsetting or threatening messages online about someone else. This could be on social networking sites or online game chats.

Trolls are usually anonymous (they disguise their real name) and sometimes start arguments deliberately to encourage others to join in.



# Types of Cyberbullying

Faking

Exclusion

Trolling



# Types of Cyberbullying

Faking

Exclusion

Trolling

Choosing to exclude, leave someone out deliberately or block someone from an online game, chat or mobile phone chat group is cyberbullying.

This can greatly affect a victim as the people excluding them were usually their friends in the first place.



# Types of Cyberbullying

Hating

Faking

Exclusion



# Types of Cyberbullying

Hating

Faking

Exclusion

Creating a fake account or logging into someone else's account in order to embarrass them, cause trouble or post bad things using someone else's name is cyberbullying.

Accessing and using someone else's online chat, gaming or social media account to post mean or upsetting content is cyberbullying and could create real harm to the victim, even if it was 'just a joke'.





# Types of Cyberbullying

Deep Fakes

Hating

Faking

Posting messages that are deliberately hurtful or expressing you dislike in response to people's online content is cyberbullying.

This could be one hurtful message about someone's online photo or expressing constant dislike to someone's online work.



# Types of Cyberbullying

Shaming

Deep Fakes

Hating



# Types of Cyberbullying

Shaming

Deep Fakes

Hating

Images, videos or audio files that have been digitally altered to cause someone upset or harm is a type of cyberbullying.

Digitally altered images, videos or audio files may show people doing things that have never happened.



# Types of Cyberbullying

Text Messages

Shaming

Deep Fakes



# Types of Cyberbullying

Text Messages

Shaming

Deep Fakes

Setting up a private group or website to talk badly about someone else and spread rumours is cyberbullying.

These rumours can cause hurt and distress to the victim.



# Types of Cyberbullying

**Text  
Messages**

**Sharing  
Messages**

**Trolling**

**Exclusion**

**Faking**

**Hating**

**Deep Fakes**

**Shaming**



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

feel bad about yourself



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

start spending more time alone

feel bad about yourself



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

start spending more time alone

feel bad about yourself

worry about parents or other family members looking at your device



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

feel bad about yourself

worry about parents or other family members looking at your device

start spending more time alone

find excuses to stay away from school



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

start spending more time alone

feel bad about yourself

find excuses to stay away from school

worry about parents or other family members looking at your device

be left out of social events or see less of your friends



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

feel bad about yourself

worry about parents or other family members looking at your device

lose your appetite or feel like you need to change yourself to try and fit in

start spending more time alone

find excuses to stay away from school

be left out of social events or see less of your friends



# Effects of Cyberbullying

If you are a victim of cyberbullying, you might:

feel bad about yourself

worry about parents or other family members looking at your device

lose your appetite or feel like you need to change yourself to try and fit in

start spending more time alone

find excuses to stay away from school

feel a range of emotions, such as anger, sadness and loneliness

be left out of social events or see less of your friends



# Cyberbullying

What to do if you're a victim of cyberbullying:

Save

Keep evidence  
by taking  
screenshots.



# Cyberbullying

What to do if you're a victim of cyberbullying:

**Save**

Keep evidence by taking screenshots.

**Report**

Report via the online site that you experience it on, then tell a trusted adult about it and ask for help.



# Cyberbullying

What to do if you're a victim of cyberbullying:

## Save

Keep evidence by taking screenshots.

## Report

Report via the online site that you experience it on, then tell a trusted adult about it and ask for help.

## Block

Block the person or group of people responsible.



# Cyberbullying

What to do if you're a victim of cyberbullying:

Don't keep it to yourself! People want to help you and make it better.




# Life choices...

Always do your  
best to make the  
right ones...

...and always  
do your best to  
learn from the  
wrong ones.





Do you need  
any support to  
stop being involved  
with crime?



# Safeguarding

If you are worried about any of the issues raised during this lesson, please speak to a trusted adult. You can always talk to your teacher or your school's safeguarding team.





**Pol-Ed**®

Police Inputs