

Bullying



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Plan:

- The concept of bullying
- The main forms of bullying
- Bullying at school
- What to do if a child is a victim of bullying at school
- How to deal with bullying at school
- Cybertravel

Forms of bullying

- Psychological form of bullying
- Physical form of bullying



Internet bullying

- Internet bullying or Cyber Bullying — intentional insults, threats, defamation, and the communication of incriminating data to others through modern means of communication, usually over an extended period of time.



What Should We Do?

- If you are a victim of cyber-bullying or witness it being done there are a few things that you should do straight away.
 1. **REPORT:** tell a parent or a teacher about what is going on. Keep a copy of what's been said so you can give it to an adult.
 2. **STAY OFFLINE:** If you are getting bullied, do not return until the problem has been resolved. It will only get worse if you stay on.
 3. **DO NOT RETALIATE:** Block the person immediately and do not respond or retaliate.