

The image features two silhouettes against a split background of black and white. On the left, a white silhouette of a person with long hair is hunched over a laptop. On the right, a black silhouette of a person is pointing their finger at a screen. The text is overlaid in the center.

# Cyber Bullying

**You don't need to put up with it!**

# What is cyber bullying?



**The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.**



# Statistics

- 3 out of 5 women in their late teens have been victims of cyberbullying.
- In the past 4 years Kiwi adults have been encountering this problem more.
- 15,000 people were surveyed and asked if someone had used the internet, a mobile phone or digital camera to hurt or embarrass them. Rates were highest among young people 46% of all 18 to 19 year olds, with the problem being worse among females in that age group.
- 750 young people aged 11 to 18 were surveyed and they found 87% thought cyber-bullying was an issue and 255 had experienced it the same year.



# Ways to deal with cyberbullies

- **Do not respond or reply back.**
- **Report the persons post.**
- **Block the user.**
- **Tell a responsible adult.**
- **Contact a help line.**



# Need help?

Kids line- [http://www.kidsline.org.nz/Home\\_312.aspx](http://www.kidsline.org.nz/Home_312.aspx)

Youth line- <https://www.youthline.co.nz>

Life line- <https://www.lifeline.org.nz>

Keeping your kids safe online- <http://www.cyberbullying.co.nz>

Netsafe cyberbullying- <https://www.netsafe.org.nz>

