

How to be safe online

Secure: Make sure that you have a secure password and username, **don't give out** any personal information.

Accepting: Don't accept friend requests, emails, IM messages or texts sent to you or any other forms of engagement with **people you do not know** and trust. Never agree to meet up with someone that you have only ever spoken to online.

Friend: Tell a **trusted older** friend or adult if you are being cyber bullied, made feel uncomfortable or worried, or if you know someone else that is being cyber bullied.

Encourage: Try and get your friends to be safe online as well, encourage them to **do something** about it if they are being cyber bullied.

Letterkenny YIC

Youth Information Centres provide a free, confidential information service to young people and those who work with them.

As part of our service we offer seminars in Internet Safety and Cyberbullying to both school and youth groups, teachers and parents.

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16-18 Port Road
Letterkenny
Co. Donegal

Donegal
Youth Service
Youth Work Ireland



@bullybird: nobody
likes you!! #goaway

tweet
tweet
tweet

tweet

Cyber bullying & Internet Safety

@DonegalYouthSvc:
you have the right
to feel safe online



Everybody
hates you

he is such
a LOSER

lol

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What is Cyber Bullying?

DYS

Cyber Bullying is a form of bullying which is carried out through an internet service such as email, chat room, discussion group, online social network, instant messaging or web pages. It and also include bullying through mobile phone technologies such as texting.

Examples of CyberBullying

Threats and intimidation

i.e "We are going to get you"

Harassment

i.e constantly sending someone unwanted messages

Saying nasty things about someone online that are not true

Leaving someone out from a group

Impersonation

i.e setting up a fake profile about someone

Making private information or images public

ME

What can I do if I am being Cyberbullied?

DYS

- Do not reply to cyberbullies
- Keep a record of what is happening
- Do not delete messages, screenshot them and keep the evidence
- Tell someone what is happening
- Contact your mobile phone/internet service provider and report what is happening
- Change your contact details if necessary
- Get in touch with support services like Donegal Youth Service
- If it is school related, tell your teacher or school principal, they can help you
- If you are threatened with harm, tell someone and contact the Gardai immediately



Useful links

www.internetsafety.ie

www.webwise.ie

www.spunout.ie

www.watchyourspace.ie

ME

Is there any Law or Legislation to deal with Cyberbullying?

DYS

There is no law that deals with cyber bullying specifically, but there are some criminal laws and school policies that deal with it:

Non-fatal Offences Against the Person Act 1997 deals with harassment, pestering or communicating unlawfully. Cyberbullying can include all these things.

The Communications Regulations Act 2007 says that any person who sends false, offensive, indecent or obscene messages on a phone for purpose of causing annoyance, inconvenience or needless anxiety is committing an offence.

WARNING



Some people believe that your photos can be deleted in seconds but on the internet nothing is erased forever



It's a powerful communication tool, it can reach thousands in seconds, don't share too much information, especially if it can hurt someone



Look after your profile with privacy settings and don't let people you don't know see your photos