



# Why is language important when discussing cyberbullying?

**Labels** are considered unhelpful to people who experience stigma around cyberbullying and can slow or hinder recovery. How we talk about people can encourage help-seeking and increase reporting behaviour.

## The 'Bully' (or 'Perpetrator')

### Preferred language:

Engaging in cyberbullying bullying behaviours

### Discussing lived experience:

Engaged in cyberbullying bullying behaviours

### REMEMBER!!

Not all people who engage in bullying behaviour intend for their actions to cause serious harm. Sometimes their intentions are misplaced and they need help correcting their behaviour.

The label of a 'Bully' can stick with a person. Automatically labelling someone who has engaged in cyberbullying behaviour as a 'Bully', 'Perpetrator' or 'Predator' can have negative outcomes on their ability to change their behaviours or seek help to make positive change.



How we label people can help or hinder recovery.

## The 'Bystander'

### Meaning:

Someone who is aware of the bullying behaviour, but does not raise an alarm, report or intervene in any way, and therefore allows the negative behaviour to continue and cause harm

**We need to empower people to feel confident they can action some level of alarm via;**

- anonymous reporting to a social media platform
- telling an adult, or
- reporting it to authorities.



How we label people can help or hinder recovery.

## The 'Bullied' (or 'Victim')

### Preferred language:

Person experiencing cyberbullying

### Discussing lived experience:

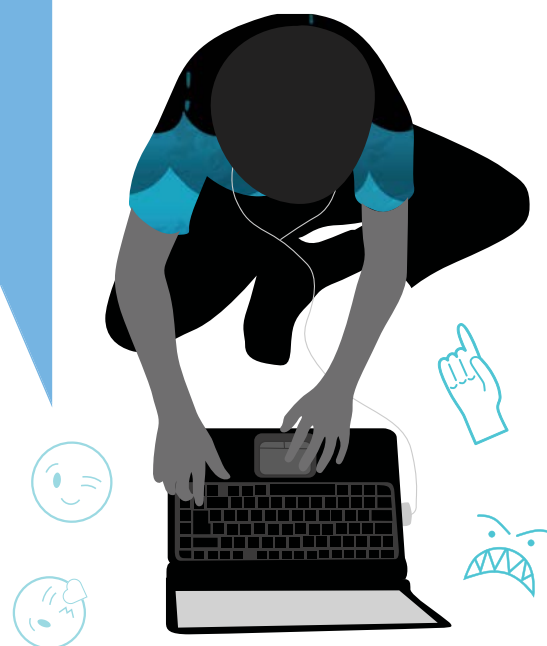
Allow the person to self-identify as a 'Victim', 'Survivor' and/or 'Thriver' before you label them.

### REMEMBER!

It is up to the person who holds the experience to find a title they are comfortable with. Someone may start as a 'Victim', become a 'Survivor' and end up thriving from the experience.

Automatically labelling someone who has experienced or is experiencing cyberbullying as a 'Victim', can have negative outcomes on their ability to seek help and/or recover. The label of a 'Victim' can disempower an individual, reducing their ability to feel empowered and more in control.

**INTERESTING:** Some people do not associate themselves as a 'Victim' when experiencing cyberbullying because they knew what to do to protect themselves and stop the negative behaviour and therefore find the experience empowering.



If you are interested in learning more about cyberbullying behaviour, warning signs, how to start a conversation, how to increase your security and privacy setting, along with how to report cyberbullying, you can do so in the full Parentline Training. It takes approximately an hour and designed to be easily accessed from your mobile device or tablet. Click [HERE](#) to begin.

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