

What is

cyberbullying?



The agreed on national definition of bullying is:

- An ongoing, misuse of power in relationships; through repeated verbal, physical and/or social behaviour, that causes physical and/or psychological harm.
- It can involve an individual or a group, misusing their power over one or more persons.
- Bullying can happen in person or online, and it can be very obvious (overt) or hidden (covert).
- Bullying of any form, for any reason, can have long-term effects on those involved, including bystanders.
- Cyberbullying has the same definition - but occurs online.

You can learn all about cyberbullying behaviour, warning signs, how to start a conversation, how to increase your security and privacy setting, along with how to report cyberbullying in the full Parentline training. It takes approximately an hour and designed to be easily accessed from your mobile device or tablet



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