



MECO



CYBERBULLYING OF/BY ADULTS



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LIDI
SMART
SOLUTIONS



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WHAT DOES CYBERBULLYING AMONG ADULTS LOOK LIKE?

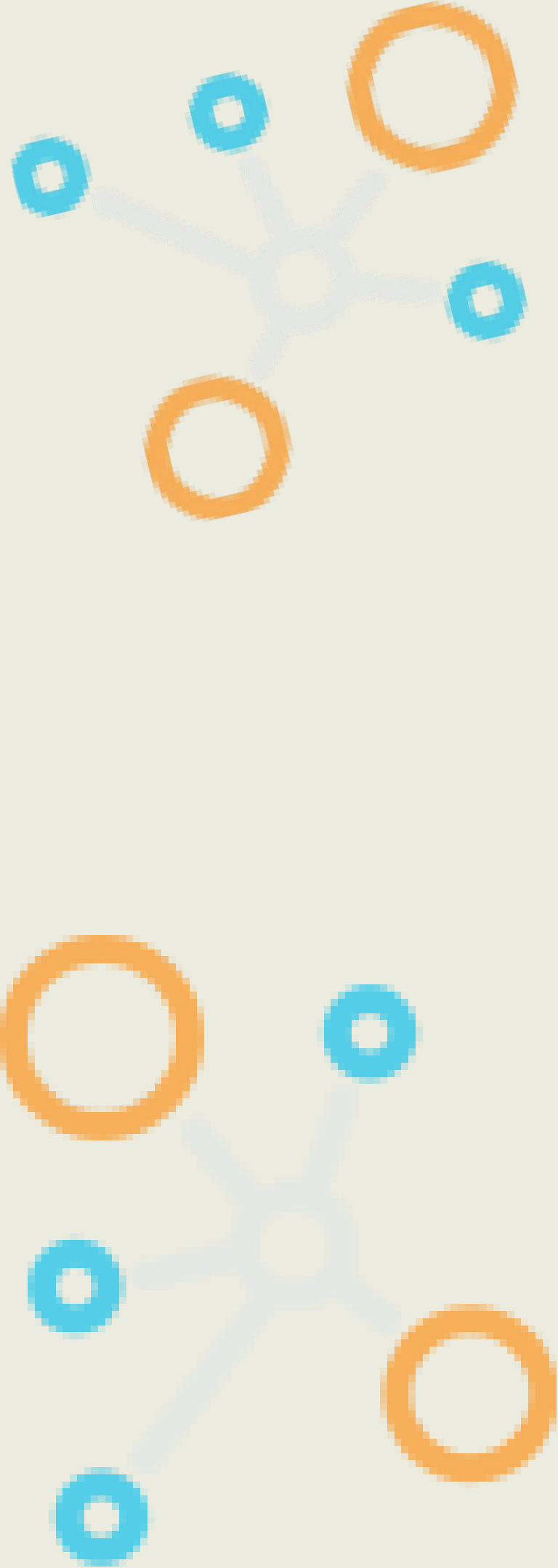
It takes place on social media, messaging services, comment sections, forums, or even on gaming platforms. Those targeted may encounter various types of attacks: some bullies will focus on beliefs – political, religious or otherwise – while others may aim at physical appearance, character, gender, ethnicity, sexual orientation, or anything that may present itself as an easy target and that can upset the victim.



WHO ARE THE MAIN TARGETS OF CYBERBULLYING?

Young adults (18-25) are the most affected by cyberbullying, while older age groups (66+) are also affected, but at a lower percentage than younger adults. According to various scientific studies, men are more likely to be cyberbullied than women.





**Factors and
prevention of
cyberbullying
among adults**

Key Learning - Factors and prevention of cyberbullying among adults.



There are many different factors that influence cyberbullying, but here are the main ones:



Cultural background differences



Network habits



Personality and emotions

Key Learning - Factors and prevention of cyberbullying among adults



Computer literacy



Gender



Age



Key Learning - Factors and prevention of cyberbullying among adults

Why prevention is important?

Research has shown that those who suffer from cyberbullying experience various difficulties, including emotional, physical, mental, and academic struggles. Online bullying can cause physical pain, hurt you emotionally, causing adults to suffer from anxiety and/or depression. In order to reduce the harm caused by cyberbullying, prevention is essential.



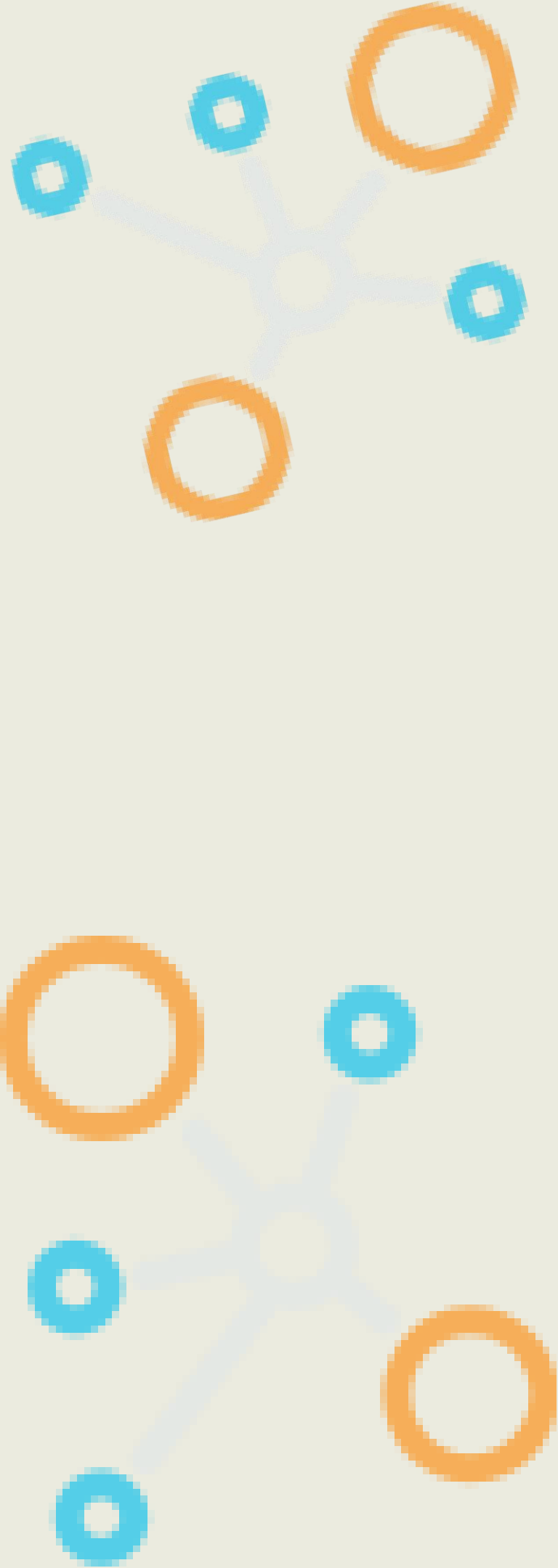
Key Learning - Factors and prevention of cyberbullying among adults

Methods of prevention:

- **Talking to people you trust, ie. family members, friends, colleagues;**
- **Using online tools that allow reporting misconduct, block, delete, or otherwise distance yourself from cyberbullying activities.**

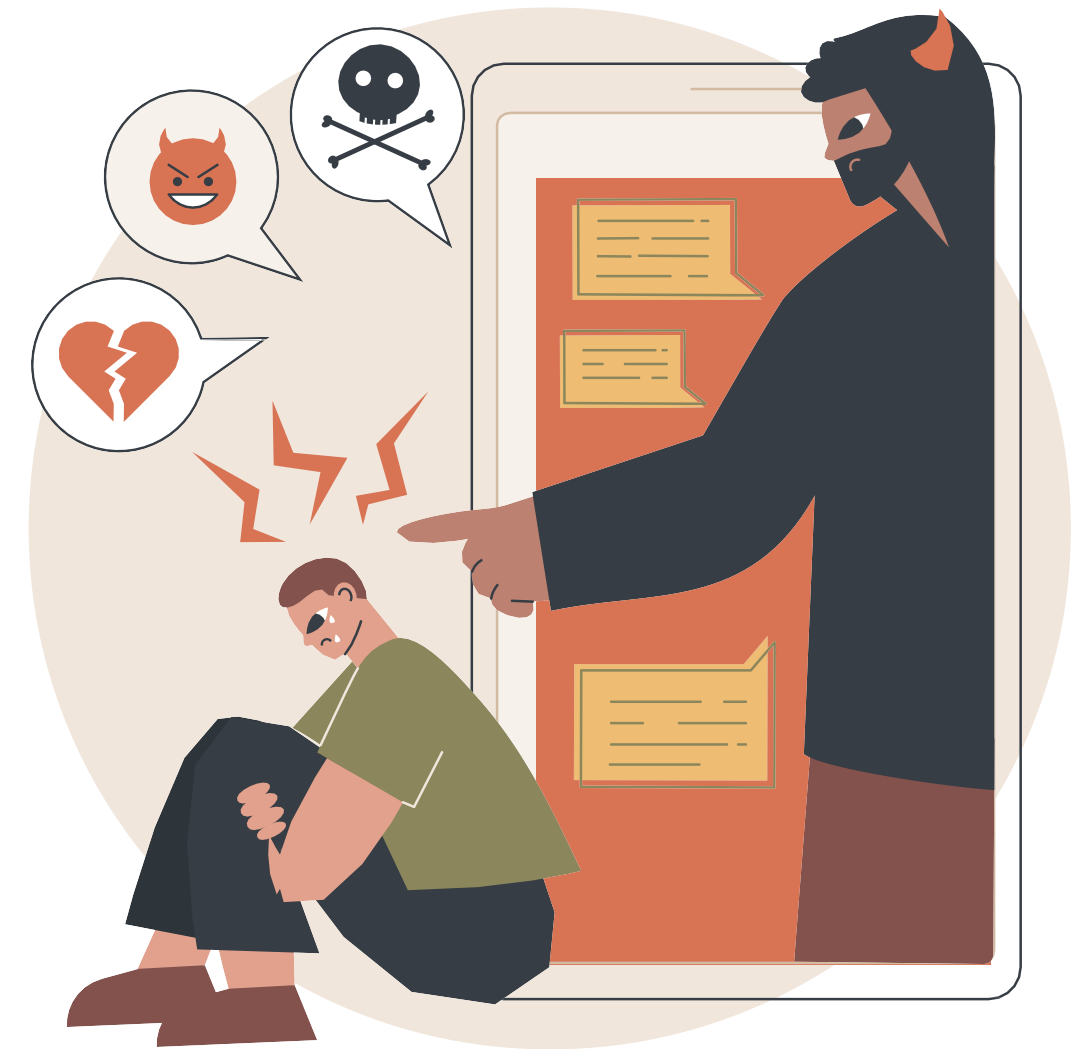


Effects of cyberbullying



Key Learning – Effects of cyberbullying

Cyberbullying can cause serious mental health problems that can lead to suicide. Therefore, it is important to notice a change in the victim's behavior in time



Some signs and symptoms of cyberbullying:



- **Victim being upset, sad or angry during or after being online or using their phone, computer or any other device;**
- **Victim becoming more quiet or withdrawn;**
- **A previously enjoyed activity causes stress or tension has an unexplained decline in grades;**
- **Looking for reasons not to participate anywhere;**
- **Showing signs of depression or sadness;**
- **Expressing dark thoughts or emotions;**
- **Talking about suicide;**
- **Changes in eating habits;**
- **Difficulty sleeping.**

A decorative network diagram is positioned on the left side of the slide. It consists of several blue and orange circular nodes connected by light blue lines, forming a branching structure.

**Cyberbullying on
popular social
media platforms**

Key Learning – Cyberbullying on popular social media platforms



In order to protect yourself from cyberbullying, it is important to think about what you want to share on social media, bearing in mind that social networks are a public space where different types of people with different characters, values, etc., can share whatever they like.



Key Learning - Cyberbullying on popular social media platforms

It is important to maintain balance and keeping private information, such as address, phone number, school, work, credit card number, etc., to yourself, when sharing anything on social media. All social networking sites allow you to adjust your privacy settings so that only selected people can see your personal information and posts. However, different sites change their policies from time to time, so it's important to periodically check these settings.



Key Learning - Cyberbullying on popular social media platforms

People of all ages harass other on the internet while pretending to be someone else. People are increasingly dealing with a different types of bullying today. Cyberbullying increased when the world was on the lock-down due to Covid pandemic.



Key Learning - Cyberbullying on popular social media platforms



Cyberbullying can mostly be seen on these social networks:



Instagram (42%);

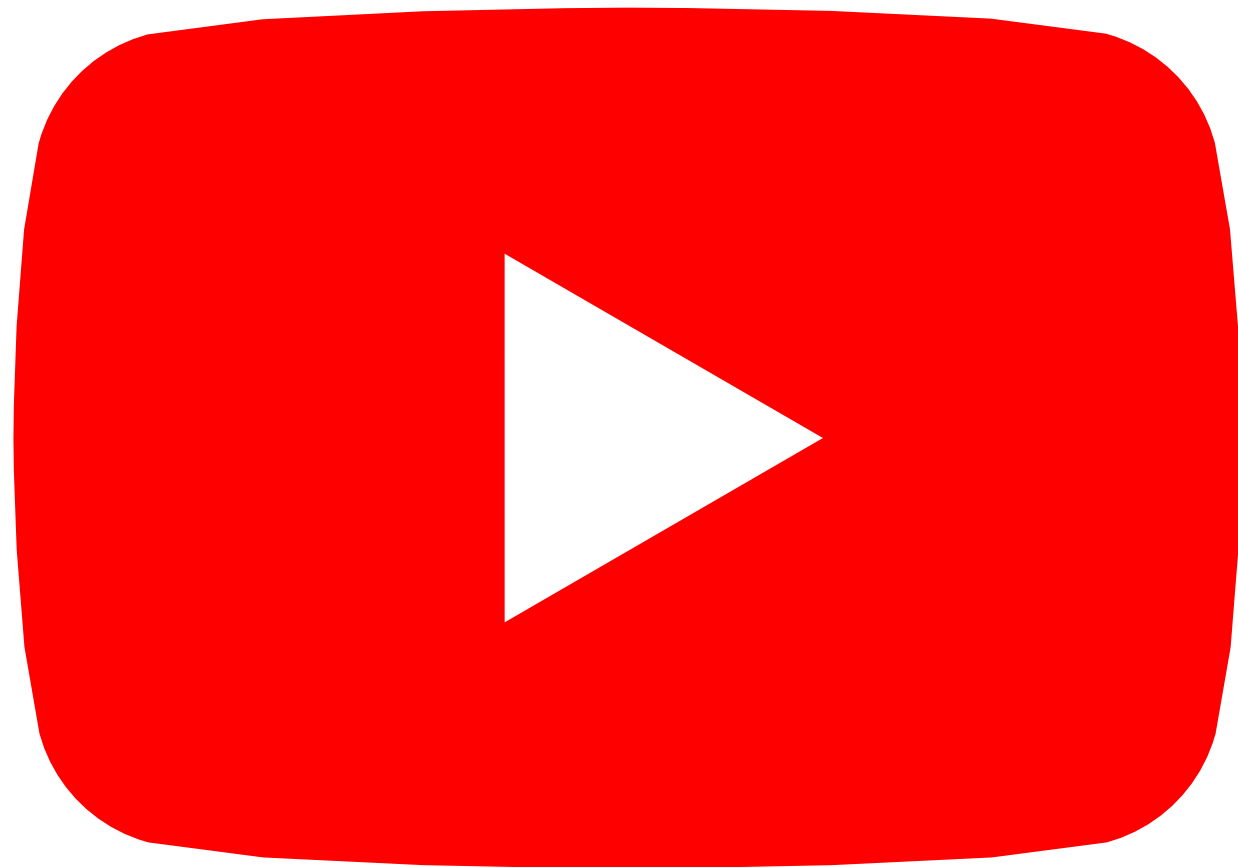


Facebook (37%);



Snapchat (31%);

Key Learning - Cyberbullying on popular social media platforms



Youtube (10%);



Twitter (9%).



Reflection

Recommendations



Recommendations for victims

Do not respond to any contact (for example: texts, calls, emails) that is intended to disturb or demand attention.

Do not delete any messages. If you feel that the messages are intended to mock, intimidate or attack, make sure to save them and present them as evidence later.

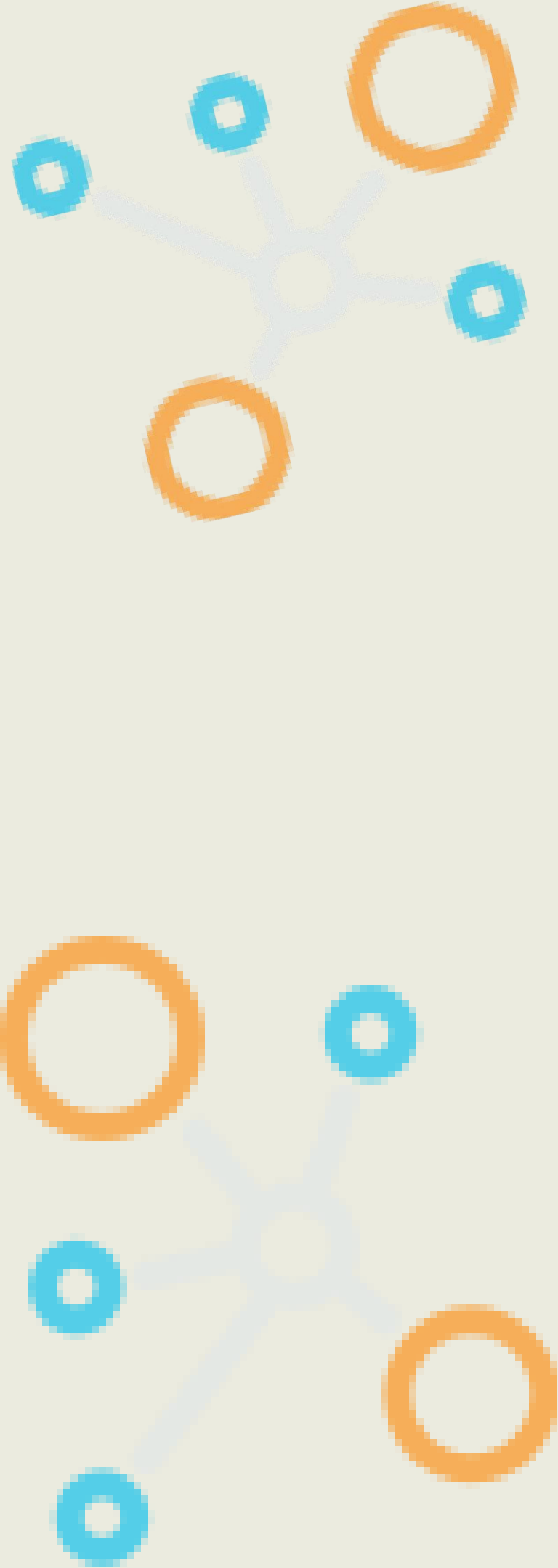
Block the sender. You can block those who are bothering you on all social networks.

Report all inappropriate behavior to people or organizations who can help.



Recommendations to those who notice any form on cyberbullying

Write a supportive comment, report and block the bully.



Thank you for participating in this training program. We hope the information was useful and interesting.



Thank

you!

