

# The cyberbullying a barrier to children's rights

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## THE BULLYING HURTS

Cyberbullying is undesirable among school-age children because it has long-term effects:

- a real or perceived power imbalance
- the behavior is repeated or has the potential to be repeated over time
- both children who are harassed and who harass others can have serious and lasting problems.

Research suggests that bullying in adolescence and childhood may have more serious long-term effects on young people's mental health than being abused as a child.

# The causes of cyberbullying

- ▶ Cyberbullying has many faces is related to physical appearance, social status or racial.

Cyberbullying can be about:

- ▶ what is different about one's identity,
- ▶ your religion,
- ▶ culture,
- ▶ ethnic origin,
- ▶ your needs or disabilities
- ▶ how you behave etc.



**Please give me an example of harassment for every cause of cyberbullying!!!**

## Bullying/cyberbullying or bad behavior? How do we make a difference?

### Bad behavior

- ▶ ● it is a fight or an argument that happens once
- ▶ ● if a bad joke is made once
- ▶ ● it is a problem in a friendship
- ▶ ● someone doesn't want to be your friend.

### Bullying/cyberbullying

- ▶ ● someone repeatedly feels offended or humiliated by the same person in real life or in the internet
- ▶ ● one or more individuals make fun of someone's identity several times
- ▶ ● someone feels excluded
- ▶ ● someone does not feel in safety.

Is the cyberbullying my fault?

- ★ It is not your fault if you are physically or mentally abused:
- ★ Don't believe the ugly things that are said about you.
- ★ You are a valued person.
- ★ You have the right to be safe.
- ★ You don't have to change the way you look or who you are.

# Does the law protects me from cyberbullying?

- ▶ If you are assaulted on the social network or on the internet, the first line of defense is the anti-aggression law of your state. All states have anti-aggression laws. These laws often have the strongest protections for students and can help stop the aggression immediately.
- ▶ Laws can vary greatly from country to country. You can search your state's anti-aggression law through its state education department.

I'm a victim of cyberbullying!  
How do I defend myself?

Tell someone you trust  
Report to the authorities  
Ask for specialized help

Steps to follow to make a complaint

Write on paper what happened. Has anyone else seen it when it happened?

Write down how often it happens, when.

Keep samples You could:

- take pictures of what was damaged
- save online messages or sms messages that are bad or abusive
- take photos of your injuries if you have been physically injured.

When you keep the evidence,

- you can report online bullying on social media pages, where it happens.

You could tell to a teacher, school counselor or principal school.

Anti-bullying charities

# European legislation on cyberbullying

The Council of Europe promotes and protects the rights of more than 150 million children in Europe based on international documents.

School violence and harassment is one of the Council of Europe's strategic priorities. Preventing aggression begins by educating children about the harmful effects of aggression

The Council of Europe therefore promotes democratic citizenship education programs to combat aggression and violence in schools.

These education programs for citizenship and human rights are based on the principles of international documents on the rights of the child.

The Directorate for Democratic Citizenship and Participation, which works with the Council of Europe to combat aggression, has created a multitude of tools that can be used in the fight against aggression. These include child-friendly materials and educational materials for education professionals that can be used in schools, such as the Compassionate Handbook on Human Rights Education for Children.



United Nations Convention on the Rights of the Child  
Declaration of the Rights of the Child issued by UNICEF on November 20, 1959



The Treaty of Lisbon  
Charter on Education for Democratic Citizenship and Human Rights



European Convention on the Exercise of Children's Rights  
European Convention on Human Rights

← THE INTERNATIONAL DOCUMENTS OF CHILDREN RIGHTS →