

# Cyber bullying & Safety

- By Dr. Anjuman Bains

# What is Cyber bullying?

- Cyber bullying involves the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- It also involves posting pictures or videos aimed at harassing another person.
- It is a punishable offence under the Information Technology Act, 2000 and the Indian Penal Code.

# Prevalence in India

- Globally, one in three internet users (33%) is a child, as per a 2016 estimate by the United Nations Children's Fund (UNICEF).
- The more recent India Internet Report 2019 suggested that in India, two in three internet users (66%) are between 12 and 29 years of age.
- National Crime Records Bureau (NCRB) increase in cases.

# Why talk about cyber bullying?

- Cyber bullying is stalking (71.21%) followed by posting derogatory comments (64.39%), leaking pictures/videos online (41.67%), and harassing (21.97%).
- 30.30% said they were negatively impacted.
- The most severe action taken by the majority of victims was only reporting or blocking the perpetrators on social media platforms (39.39%), followed by ignoring them (29.55%).
- Merely 4.55% of the victims took legal action against the bully by reporting them to the concerned government authorities.
- Since in 68.18% of the cases, the perpetrator was known to the victim, this might be the reason for the low rates of reporting the cyber bullying acts.

# HOW IS CYBERBULLYING DIFFERENT TO OTHER FORMS OF BULLYING?

- Impact – the scale and scope of cyber bullying can be greater than other forms of bullying.
- Targets and perpetrators – the people involved may have a different profile to traditional bullies and their targets.
- Location – the 24/7 and anyplace nature of cyber bullying.
- Anonymity – the person being bullied will not always know who is attacking them.
- A single incident can be experienced as multiple attacks.

# How to spot a victim?

- Becomes upset, sad or angry during or after being online or using their phone.
- withdraws from family or friends.
- expresses reluctance or refuses to participate in activities previously enjoyed.
- has an unexplained decline in grades.
- refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general.
- increasingly reports symptoms of illness for which he or she wants to stay at home.
- shows signs of depression or sadness.

- Appears nervous when receiving a text, instant message, or email.
- Unwillingness to share information about online activity.
- Abruptly shutting off or walking away from the computer mid-use.
- Unexplained stomach-aches or headaches.
- Trouble sleeping at night.
- Unexplained weight loss or gain.
- Suicidal thoughts or suicide attempts.

# Types of Cyber bullying



# Recognize Ways That People Online May Seek To Persuade You

- Many children and young people begin to feel that a special friendship or relationship is developing and do not understand that they are being groomed. “Grooming” is subtle but has serious consequences.
  - a) Bribing
  - b) Flattery
  - c) intimacy building
  - d) Desensitization
  - e) Threats and blackmail
  - f) Scattergun approach

# How does the perpetrator reach out?

1. Preparation of the contact:-  
False/static/dynamic/authority identity.
2. Contact with a victim, establishing and deepening the relationship:- The effect of mirroring.
3. Reducing barriers of children and young people by introducing a sexual content to the conversation.
4. Attempts to isolate the victim from the vicinity:- Theory of “exclusive friend”.
5. Preparing for a personal appointment.(Blackmailing)

# Top 5 rules!

- Think before you post or share!
- Check your camera.
- Re-Set your passwords.
- Build a support system.
- Spread awareness/Communicate.(Save evidence).

# Indian law system

- No special Anti-Cyber Bullying Laws in India yet.
- Sec.66A – Sending offensive messages through communication service, etc.
- Sec.66C – Identity Theft
- Sec.66D – Cheating by personation by using the computer resource
- Sec.66E – Violation of privacy
- Sec.67B – Punishment for publishing or transmitting of material depicting children in any sexually explicit act, etc. in electronic form
- Sec.72 – Breach of confidentiality and privacy
- Sec.503 Indian Penal Code (IPC) – Sending threatening messages through email
- Sec.509 IPC – Word, gesture or act intended to insult the modesty of a woman
- Sec.499 IPC – Sending defamatory messages through

# Where to Report?

- [www.cybercrime.gov.in](http://www.cybercrime.gov.in)
- Cyber B.A.A.P
- National Cybercrime portal – Helpline (155260).
- Reach out to a psychologist after reporting the case if required. (Dr. Anjuman Bains-[anjumanbains1@gmail.com](mailto:anjumanbains1@gmail.com)).