

WhatsApp: How to support anti-bullying

The holidays are approaching! This is wonderfully positive and offers you the chance to take a much-deserved break.

You are concerned that your friend is being bullied on WhatsApp. How do you help them?

This email covers: 1) Supporting 2) Reporting 3) Identifying 4) Deleting



WhatsApp is challenging. Your friend may be in a group with many people that they like. Self-moderating the group is the most effective way to control public bullying in these groups.

- 1) The most important thing is to support your friend's emotions. Tell them they are doing the right thing by talking to you.

Some strategies that can be effective, depending on the situation:

In Response to Private messages.

- Do not respond. Talk to someone.
- More importantly do not keep reading messages that you know will make you go to a bad place.
- Delete the account.

In Response Public Messages

- Report. Talk to someone.
- Delete or block the post or message. This can annoy the bully. Some people think this will make it worse. If it repetitive it is bullying.
- Talk to someone about this. The message is public but only to those in the group. No one has the right to treat you in this way.

2) Reporting

Email WhatsApp at: support@whatsapp.com.

Always take screen shots of cyberbullying. Keep those screen shots safe. Talk to someone.



How to tell if your friend is being cyberbullied:

- **You see it happening in their public WhatsApp group.**
- **You wouldn't want to receive the messages your friend is receiving.**
- Your friend seems upset, especially after receiving a text, email or being online.
- Your friend might check their phone, iPad, or computer more often than usual or they suddenly stop going online or using their phone.
- They delete their profile or online accounts

4) Delete the App.

WhatsApp connects you automatically to your phones contacts. You have to be over 16 to use WhatsApp legally.

You can block and delete any contact on your phone.

Seriously it is not worth the amount of stress being caused to you. Post a message saying that are taking a breather from Snapchat due to somebody posting anonymously and you cannot be bothered with their hate. You have better things to do with your life.



Kaspersky identify 10 types of cyberbullying.

<https://kids.kaspersky.com/10-forms-of-cyberbullying/>

E.g. Dissing

Dissing is the act of sending or posting cruel information about your friend online, to damage their reputation or friendships with others.