



Cyberbullying

The way we talk online can make it difficult to recognise the difference between banter and bullying. For more information go to our fact sheets [Banter or Bullying?](#) and [Staying Safer Online](#)

Some people use online activity to intentionally hurt other people and to make themselves feel powerful. If someone is being bullied online they may feel like there is no escape as it can come through many different platforms at the same time. Bullying can also happen anonymously online as people can hide their real identities. This can cause severe emotional damage that can have very serious consequences if not dealt with.

Some examples of online bullying behaviour:

Online bullying behaviour can be more subtle than face-to-face. People often find it easier to bully people when there is a screen between them and the person they are harming as they don't have to see the impact of their actions in real-life.



Trolling

Calling other people names, teasing or trying to humiliate them.



Gossip, rumours or lies

Sharing information about another person to damage their reputation.



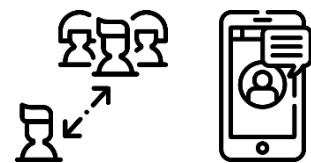
Impersonation

Pretending to be someone else online, usually to share nasty or embarrassing things.



Outing

Revealing information, such as sexual or gender identity or images and videos without consent.



Excluding

Leaving someone out of a group on purpose, for example group chats, apps and games.

Go to tacklebullying.ie for more information.

Irish Rugby Football Union

10-12 Lansdowne Road | Ballsbridge | Dublin 4 | D04 F720

T +353 01 6473800 | F +353 01 6473801

www.irishrugby.com   



Please refer to the [Safeguarding Policy](#) for a fuller definition of bullying.



THINK before you post:

T

Is it TRUE?

How do you know?

H

Is it HELPFUL?

Does it help other people or is it just for likes?

I

Is it INSPIRING?

Will it encourage or motivate others to do good?

N

Is it NECESSARY?

Does it need to be said on social media?

K

Is it KIND?

Would you feel good reading it or is it meant to hurt someone?

All clubs offering rugby to children & young people have a responsibility to safeguard them against harm. Even when you are vigilant & the club operates to a high standard, situations can arise that cause concern. If you are worried about anything you can:



Talk to the Club Welfare Officer



Follow the [Safeguarding Policy](#)

Go to the fact sheet [Is Rugby Fun For You?](#) for further information on people you can talk to.

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