



CYBERBULLYING



**TAKE A
STAND
AGAINST
CYBERBULLYING**

***HELP OTHERS WHEN
THEY NEED IT**

WHAT IS CYBERBULLYING

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- ❑ Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- ❑ Text messaging and messaging apps on mobile or tablet devices
- ❑ Instant messaging, direct messaging, and online chatting over the internet
- ❑ Online forums, chat rooms, and message boards, such as Reddit
- ❑ Email
- ❑ Online gaming communities



SPECIAL CONCERNS

- With the prevalence of social media and digital forums, comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as acquaintances. The content an individual shares online creates a kind of permanent public record of their views, activities, and behavior.
- Cyberbullying can harm the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it.



HOW TO STOP CYBERBULLYING

- Being online has so many benefits. However, like many things in life, it comes with risks that you need to protect against.
- Anyone can become a victim of cyberbullying . If you see this happening to someone you know, try to offer support. It is important to listen to your friend. Why don't they want to report being cyberbullied ? How are they feeling? Let them know that they don't have to formally report anything, but it's crucial to talk to someone who might be able to help.

