

Cyberbullying is an internet manifestation of a comportment ,better known to us as bullying. We know well that bullying is about violent acts, that can be physical and mental, but nowadays technology agrees bullies to infiltrate in the lives of victims and persecute them with offensive messages, images, videos sent by smartphones or published on websites on the internet, this attitude is called cyberbullying. So we can say that the bullying becomes cyberbullying when a single person or a group by these technological means, causes damage to a contemporary or an adult unable to defend himself. In our opinion ,nowadays, a bully or a cyber-bully does this actions ,because wants to emerge to be seen as the strongest in the group or also because they need to get distracted for their family situation, in fact in many occasions, bullies have a bad situation at home and so, they bully to get distracted. Sometimes can happen in some situation where the cyberbullying is unintentional, for example nowadays we use some apps like Whatsapp, by this app many persons share some embrassed images to laugh but sometimes this is misunderstood but is even a way to bully. We can continue with a thousand ways to bullying but the usual situations that nowadays we see, are these. Other the ways to bullying, exist even the ways to prevent the cyberbullying. For us the best way to stand up to bullying or cyberbullying is to talk with own parents or an adult of reference to inform them about the situation that you're living and don't isolate ownself from everyone. Then to escape from messages and insults directed by the bully, block the contact on the mobile phone and on bully's social profile. Sometimes can happen that we aren't the victim but we see these physical and verbal attacks to a mate or a friend of ours and to help him, we must talk with an adult to inform him about this situation.

