CYBERBULLYING

What is cyberbullying?

Cyberbullying is the use of digital technology to intentionally harm, humiliate, or harass another person. It can take many forms, including sending mean or threatening messages, spreading rumors or lies online, sharing embarrassing photos or videos, and creating fake profiles to harass others.

How can you prevent cyberbullying?

Preventing cyberbullying involves both individual and collective actions. Individuals can protect themselves by being careful about what they share online, blocking and reporting abusive users, and seeking help from trusted adults or support organizations. Collectively, society can promote awareness about cyberbullying, establish laws and policies to address it, and encourage positive digital citizenship.

Who is at risk?

Anyone who uses digital technology is at risk of being cyberbullied, but children and young people are particularly vulnerable.
Cyberbullying can have serious and long-lasting effects on a person's mental health, self-esteem, and social relationships.

What are the warning signs?

Some common warning signs that a person may be experiencing cyberbullying include changes in behavior, such as avoiding social situations, withdrawing from friends and family, and showing signs of depression or anxiety. Victims of cyberbullying may also experience physical symptoms, such as headaches, stomachaches, and difficulty sleeping.

What should you do if you or someone you know is being cyberbullied?

If you or someone you know is experiencing cyberbullying, it's important to take action. This may include blocking and reporting the abuser, saving evidence of the bullying, talking to a trusted adult, seeking support from a mental health professional or support group, and, in severe cases, contacting law enforcement. Remember, cyberbullying is not your fault, and help is available.

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