Online bullying

Types of online bullying

Exclusion
Deliberately excluding someone from an online group or activity.

Cyberstalking
Intense and persistent harassment that creates fear.

Harassment
Repeatedly sending offensive, rude, and insulting messages.

Denigration
Spreading false information or rumors to damage someone's reputation.

Impersonation
Pretending to be someone else to harm their reputation or relationships.

Outing and Trickery
Sharing someone's secrets or personal information online.

How to Respond

1. **Seek Support**
   Talk to trusted adults, friends, or mental health professionals.

2. **Save Evidence**
   Keep records of the bullying (screenshots, messages).

3. **Report and Block**
   Report the bully to the platform and block them.

4. **Legal Action**
   In severe cases, consider legal advice and action.

Take responsibility!

Positive Online Behavior
Promote positive online interactions and be a role model for others.

Think Before Posting
Encourage thinking before sharing personal information or reacting to others.