

Online bullying



Types of online bullying

Exclusion

Deliberately excluding someone from an online group or activity.

Harassment

Repeatedly sending offensive, rude, and insulting messages.

Impersonation

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

Cyberstalking

Intense and persistent harassment that creates fear.

Denigration

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

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.

