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Cyber Bullying

Words Can Hurt, Even Online

What is Cyberbullying?

It's when someone uses the internet or phones to threaten, humiliate, or hurt another person repeatedly.

Examples of Cyberbullying

- Spreading rumors online
- Posting mean comments or memes
- Sharing embarrassing photos
- Excluding someone from online groups

How to Respond

- Don't reply or retaliate
- Block and report the bully
- Save evidence (screenshots)
- Talk to a trusted adult or teacher

Be Kind Online.

Say NO to Cyberbullying.