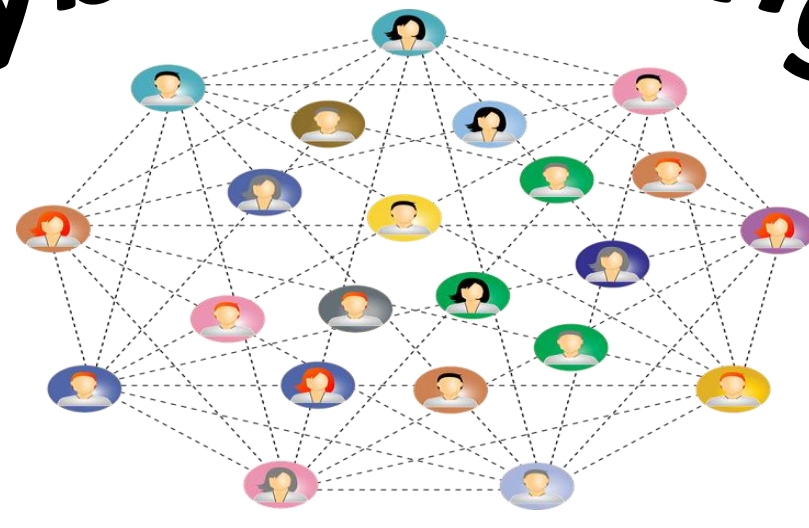


WHAT IS HAPPENING?

cyberbullying



WHAT IS IT?

Is the use of technology to harass, threaten, embarrass, or target another person.

HOW TO IDENTIFY IT?

Being upset or unusually quiet following use of the phone or Internet.

Avoiding discussions on bullying.

Nervous behaviour when getting an instant message, text or email.

Being secretive or protective of a device.

Slipping in grades or lack of focus on study.

Reluctance to go to school.

AGRESSOR

VICTIM



OBSERVATORS

HOW CAN YOU HELP?

1

Save the evidence

2

Reach out for help

3

Protect your accounts

4

Tell the person to stop

5

Use available tech tools

6

Don't respond or retaliate

7

Know that it's not your fault

8

If someone you know is being bullied, take action

