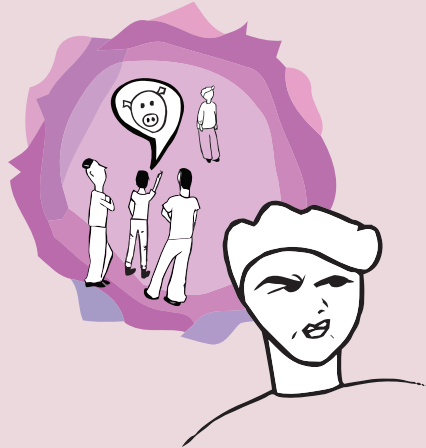


# Don't be a Cyber-bully,



# be a CYBER-BUDDY

## WHAT?

Cyber bullying is bullying that takes place online – using PC's, laptops, tablets, smartphones, and games consoles.

## WHERE?

Cyberbullying happens on social media – nasty comments on YouTube, Instagram or Facebook or mean messages on Snapchat or WhatsApp – and can happen through chats on online gaming.

## HOW?

Cyber bullying includes:

- Hurtful texts or posts, images or videos posted online;
- Deliberately excluding others online;
- Spreading nasty gossip or rumours online;
- Imitating others online or using their log-in details.

Remember: If you cyber-bully someone, it can't be erased – there's always a trace of it online - so even one bad comment is enough to make you a cyberbully.

**Take Action!** If you see cyberbullying online, take a screenshot and report it to a parent, teacher or older sibling!

