



CYBERBULLYING

HOW TO PROTECT YOURSELF

1

CYBERBULLYING CAN HAPPEN ANYWHERE

DMs, comments, group chats, gaming platforms. Abuse doesn't need a physical space.



3

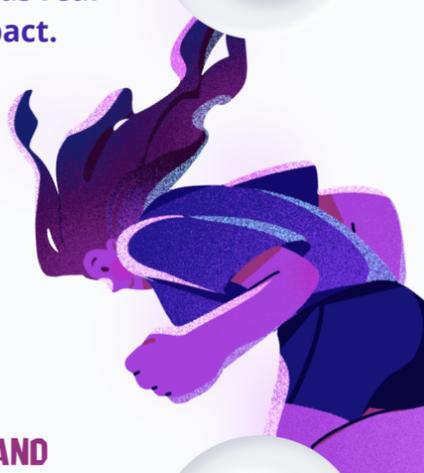
SPREADING RUMORS ONLINE IS A FORM OF ABUSE

Gossip spreads fast and can harm someone's reputation instantly.

5

EXCLUDING SOMEONE FROM CHATS OR GROUPS IS BULLYING TOO

Digital isolation has real psychological impact.



7

YOU CAN BLOCK AND REPORT IMMEDIATELY

Every platform has tools to stop harassment and notify moderators.

9

SAVE EVIDENCE IF THINGS ESCALATE

Screenshots help teachers, parents, or authorities take action.



10

YOU'RE NOT ALONE. TALK TO SOMEONE YOU TRUST

Cyberbullying thrives in silence. Reaching out breaks that cycle.

2

HURTFUL MESSAGES ARE NEVER "JUST JOKES"

Insults, threats, or targeted teasing can cause real emotional damage.

4

POSTING OR SHARING EMBARRASSING PHOTOS IS HARASSMENT

Sharing private content without consent is a serious violation.

6

IMPERSONATING SOMEONE ONLINE IS HARMFUL AND DANGEROUS

Fake accounts can damage reputation or trick others.

8

NEVER RESPOND EMOTIONALLY TO BULLYING

Replies fuel the aggressor. Silence + reporting is more effective.

