ONE PAGE SUMMARY

Kids Learning › Internet Safety › Cyberbullying

What is Cyberbullying

Understanding Cyberbullying: Protect Yourself Online!

DEFINITION

> Cyberbullying is when someone uses technology to harass, threaten, or embarrass another person. It can happen through messages, social media, or online games.

KEY CONCEPTS

Types of Cyberbullying

Includes harassment, impersonation, and exclusion from online groups.

Impact on Victims

Can lead to emotional distress, anxiety, and low self-esteem.

Reporting Cyberbullying

It's important to report any cyberbullying to a trusted adult or platform.

Prevention Strategies

Stay private online, think before you post, and support friends.

Legal Consequences

Cyberbullying can have legal repercussions, depending on the severity.

EXAMPLES

→ A student receives mean messages on social media.

→ Someone creates a fake profile to spread rumors.

→ A group excludes a classmate from an online game.

MEMORY TIPS

★ Remember 'STOP' - Stop, Talk, Observe, and Protect yourself.

★ Think of 'C.A.R.E.' - Communicate, Act, Report, and Empower others.

★ Use the acronym 'B.E.S.T.' - Be Safe, Educate, Support, and Tell.

COMMON MISTAKES

✗ Ignoring the signs of cyberbullying.

✗ Not reporting incidents to adults.

✗ Responding to bullies instead of blocking them.

QUICK RECAP

Cyberbullying is harmful behavior using technology to hurt others. Recognizing it and reporting it is crucial for safety. Always support your peers and practice online kindness.