



What is cyberbullying?

Cyberbullying is using technology to bully or hurt someone else.

Cyberbullying can include:

- Sending/sharing nasty, hurtful or abusive messages or emails
- Humiliating others by posting/sharing embarrassing videos or images
- Spreading rumours or lies online
- Setting up fake online profiles
- Excluding others online
- Repeated harassment and threatening messages (cyberstalking)
- posting embarrassing photos of someone on social media
- sending hurtful messages or threats via messaging platforms
- impersonating someone and sending mean messages to others on their behalf.



What makes cyberbullying so hurtful?

While any type of bullying can be hurtful, cyberbullying can hurt someone just as much as physical or verbal bullying because:

- It's public – lots of people can see it
- It spreads quickly
- It can be hard to escape
- The bully can be anonymous
- Removing it can be a difficult process



If you're being cyberbullied

it's important to remember:

It's **NOT** your fault

You're not alone

There is help available

It's not weak to get help

There are things you can do : The first line of defense against cyberbullying could be you.

on Twitter:

- [Mute](#) - removing an account's Tweets from your timeline without unfollowing or blocking that account
- [Block](#) - restricting specific accounts from contacting you, seeing your Tweets, and following you
- [Report](#) - filing a report about abusive behaviour

on Facebook/Instagram:

- You can opt to ignore all messages from a bully or use our [Restrict](#) tool to discreetly protect your account without that person being notified.
- You can [moderate comments](#) on your own posts.
- You can modify your settings so that only people you follow can send you a direct message.
- And on Instagram, we [send you a notification](#) you're about to post something that might cross the line, encouraging you to reconsider.

REMEMBER : You can get through this



Bullying or teasing?

The short answer is: It's complicated. Sometimes teasing is harmless and playful. Other times it can be used to hurt others. And even playful teasing can hit raw nerves or be misinterpreted.

Teasing Is a Type of Communication : Good-natured teasing is a way for people to communicate with each other. It's a social exchange.

Bullying is meant to hurt. It's not done to make friends, or to relate to someone. Just the opposite: The goal is to embarrass the victim and make the bully look better and stronger. The tricky thing is that bullying may start out as teasing. But when it's done over and over and is meant to be hurtful or threatening, it becomes bullying.

Bullying or harassment can be identified by repeated behavior and an intent to harm. Victims may have lower self-esteem and a variety of emotional responses, retaliating, being scared, frustrated, angry, and depressed. Individuals have reported that cyber-bullying can be more harmful than traditional bullying.