

#NOTONOURFEED:

Educational Factsheet

Stop Cyberbullying. Spread Kindness.

What is cyberbullying?

"Cyberbullying is when someone uses digital platforms to hurt, threaten, or embarrass another person."

How to spot cyberbullying?

-  Mean comments
-  Online threats
-  Sharing private information
-  Spreading rumors
-  Excluding others online

How can we stop it?

-  Think before you post
-  Be kind and respectful
-  Block and report harmful content
-  Support people who are being bullied
-  Talk to a trusted adult

Be an Upstander, Not a Bystander

Speak up, support others, and help stop cyberbullying.

Together we can make the internet better

Every positive comment, every act of kindness, and every report against harmful content helps create a safer online community.



Remember:

Think • Respect • Report • Support

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"Don't feed hate. Feed kindness instead". 

**CYBER
BULLYING**

