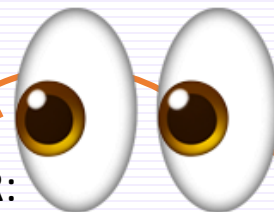


# Cyberbullying



Cyberbullying is a form of bullying that occurs online via electronic means.

Many people experience cyberbullying via social media platforms.



LOOK OUT FOR:

The CEOP (Child Exploitation and Online Protection Command) button on social media and forums if you are experiencing sexual abuse or exploitation online.



In a national bullying survey, 56% of youths said they have seen others being bullied online and 42% said they have felt unsafe.



SOME FORMS OF CYBERBULLYING:

- Harassment
- Spreading rumours
- Rude/derogatory language
- Sharing personal messages/images
- Cyber stalking
- Blackmail

SIGNS OF CYBERBULLYING:

- Hiding online activity
- Nervousness when receiving messages
- Anxiety
- Depression
- Trouble sleeping



**SAMARITANS**

If you're experiencing any of these signs or feeling down, don't suffer alone. The Samaritans are an anonymous help, call them on:  
116 123

