

# Cyberbullying

- intentional, repetitive, and targeted
- it includes sending, posting, or sharing negative, harmful, false, or mean content about someone
- \* doxing - sharing someone's private information
- \* harassment - rude/mean posts/comments
- \* exclusion - leaving someone out
- \* masquerading - using someone's picture to trick another

Make a plan →

- stay calm
- tell them to stop
- ignore
- block, report
- save evidence
- tell an adult

Help → upstander

- show empathy
- speak up
- tell an adult