

# HOW TO RECOGNIZE CYBER BULLYING

*Cyberbullying is when someone intentionally spreads false, embarrassing, or harmful content about people on or via digital or electronic devices, apps, platforms, and websites.*

## Some examples of cyberbullying include when someone



**Sends mean or threatening messages** to them via email, phone text, or instant messaging apps



**Posts hurtful things** about them online, maybe even on a dedicated blog



**Forwards their emails** or text messages to other people without permission



**Steals their passwords** and sends messages or posts pretending to be them



**Takes pictures of them** without permission—sometimes an altered photo—and posts them online

—Adapted from the Cyberbullying Research Center's Cyberbullying: Sameer Hinduja Ph.D. Justin W. Patchin, Ph.D. 2021 Edition Identification, Prevention, and Response

