

# Cyberbullying

Hey Tag have you heard of cyberbullying?

You haven't? Okay that's fine.... I can help explain.

Well you've heard of bullying right? Bad behaviour that upsets someone else. It can be name calling, being mean, or physically hurting someone.

Well cyberbullying is the same but cyberbullying is the word we use when these things happen online.

Cyberbullying can be written words by people you know and by people you don't. It can be through a mobile phone, on apps or by text message, it can be by email it could even be by video!

It's really nasty stuff and very hard to get away from. People can be cyberbullied while they're at home, on holiday and even at school.

It's just as serious as real world bullying and makes people really upset.

Sometimes you might see cyberbullying when using the internet and it may be about someone you know or even you. If this does happen it's super important that you tell a parents, adult or a teacher. They can help you!

If you know how you can even take a picture of the words the bully used so the adult knows exactly who said it and what they said.

Remember Tag, being nice online is a must.