



# Cyberbullying

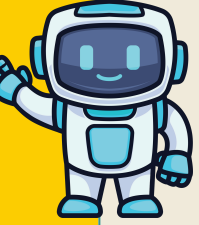


Name

Date

## Cyberbullying is...

Blank space for writing a definition of cyberbullying.



Cyberbullying can make people feel...

.....

.....

.....



If someone bullies me online I should...

.....

.....

.....



## If I knew someone was being cyberbullied I would....

Blank space for writing actions to take if someone is cyberbullied.



### Effects of Cyberbullying:

- *Feeling bad about yourself*
- *Spending time alone*
- *Increased stress and anxiety*
- *Being very secretive or protective your digital life.*
- *Avoiding school or gatherings*
- *Changes in mood, behaviour, sleep, or appetite*

### My support crew:



Three people who can help me if things go wrong:

 .....

 .....

 .....