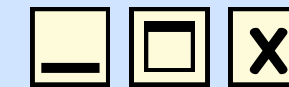




Bullying and Cyberbullying and their Differences



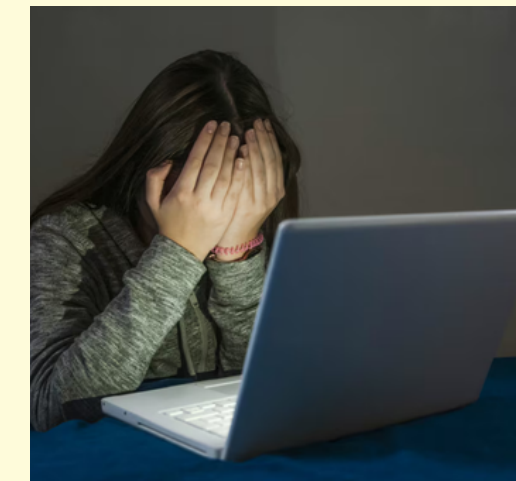
Bullying:

Bullying is when someone is targeted physically or verbally, often in public, and usually at school or other real-life environments



Cyberbullying:

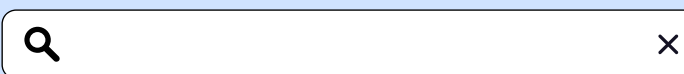
This is a form of bullying that happens through digital technology, such as the internet and cell phones



DIFFERENCES:

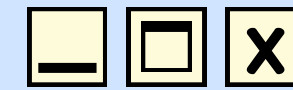


- Location
- Frequency
- Violence



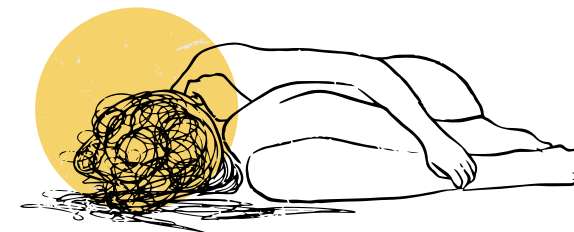
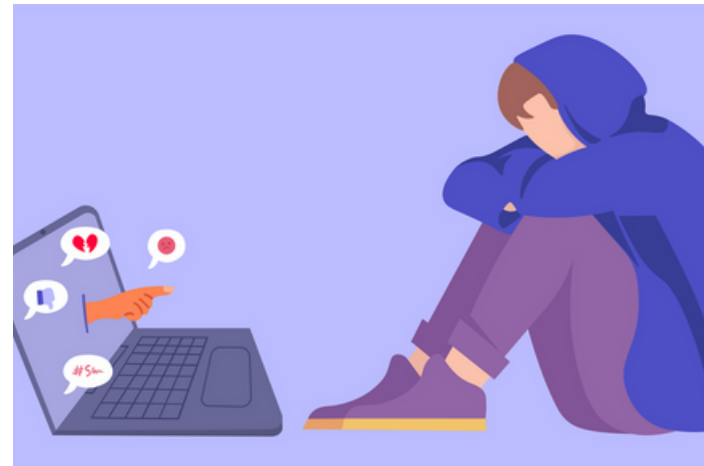


The different ways they can hurt you.



**STOP
BULLYING**

·i save the evidence
and ask for help
against the bully



📁 How to help in case of bullying or cyberbullying? [] [] [X]

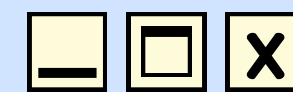


- Reducing Feelings of Isolation
- Assistance in Reporting
- Boosting Self-Esteem
- Validating Emotions
- Protection and Advice





What can be done to stop cyberbullying and who can be of help



• i control password settings and don't share them with anyone

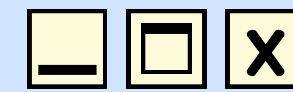


q





Some advice for everyone.



1. Think Before You Post

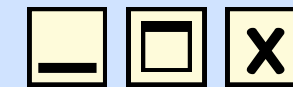
2. Talk To Someone you Trust

3. Protect your Privacy





TAKE A MESSAGE



- **Bullying is emotional violence**
- **Your words can be weapons**
- **A bully is a coward.
A friend is a hero**
- **We can all do something**

