

How to act online to avoid cyberbullying

- To avoid cyberbullying you need to know what you are talking about online and who you are talking with.
- Some of the most usual mistakes teenagers or kids do is that they accept a lot of friend requests from people who may not have a real account and is just a fake one.



Photo from: YouTube

Channel: Psy Logic Drawing

Ways to protect yourself from cyberbullying

- Don't say private thing about you and DON'T talk on other social media apps than the popular ones such as (WhatsApp, Facebook, Instagram, Redditt etc.)

How to tell if they are jokes or real thing

- All friends joke around but is really hard to understand if is a joke or a way to hurt you online. They say that u shouldn't be mad because it was just a, joke" or, learn how to take a joke" things like that.
- If you think they are laughing at you instead of with you then the joke is not anymore, a joke.



Photo from (<http://weiweics.com/>)

What are the effects of cyberbullying?

- It's dangerous when bullying happens online you feel like you can't escape. You feel very nervous and scared even in your own house and this can reach to serious mental problems.
- - **Mentally:** feeling upset, embarrassed, stupid, even angry
- - **Emotionally** — feeling ashamed or losing interest in the things you love
- - **Physically** — tired, or experiencing symptoms like stomach aches and headaches

Who should you talk to if someone is bullying you online?

- If you think you're being bullied, the first step is to seek help from someone you trust such as your parents, a close family member or another trusted adult.
- Don't hesitate to collect evidence such as text messages and screen shots of social media conversation to show what's been going on.



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