

Newsletter Item 4
Aim: To provide families with a definition of cyberbullying

**What is cyberbullying?**

Cyberbullying is bullying using a phone and/or the Internet, for example, when a person:

• Sends nasty or threatening messages

• Makes mean or nasty comments about someone on their posts

• Deliberately ignores or leaves out others online

• Pretends to be someone else online to hurt them or make them look foolish



Cyberbullying can happen through messages/pictures/videos/emails etc being sent to you, but also when these things are **sent to others about you.**