

**Anti-bullying Week, November 2014**  
**How to spot Cyberbullying**

**And what you can do to stop it!**

Anti-bullying Week, November 2014

## How to SPOT Cyberbullying



People may say nasty things about you on social networks.



People may use your profile pictures of selfies to amuse themselves or to say unkind things about you.



People may take photos of you to share with their friends.



Hurtful messages can be sent at **any** time of the day or night!



Emails/forwards may be used to tell lies about you.



Chat rooms can be fun but not if people are being cruel to you at any opportunity.

And what you can do **STOP** it!

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**And what you can to do STOP it!**