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# Cyberbullying



Cyberbullying is when someone is mean and nasty to other people online.



This can happen on your phone on social media, email, messaging apps or in games.

**Cyberbullying can happen in different ways.**

**Someone might:**



Post nasty comments or use unkind words to hurt your feelings.



Exclude you from online groups or copy other people in a group who are saying mean and hurtful things.



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Threaten to send personal information about you or take videos or photos of you without permission.  
Saying things online to upset or scare you.



They could create a fake account to bully you or pretend to be you.



Being bullied online makes someone feel sad, scared, worried or angry, or not want to go online.



You deserve to be treated with respect. Do not keep it to yourself.



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Remember to STOP, BLOCK and TELL.



Stop - do not reply to the bully. Save any messages and pictures.

**BLOCK**

Block - Block that person to stop them bullying you.

**TELL**

TELL: If you are being bullied online, talk to someone you trust – a family member, a friend or a support worker. They will help you.



You can report cyberbullying to the Gardai on **garda.ie**.

**spunout**

**spunout.ie** provides support and information for young people.