

# Cyberbullying

What it is, and how to stop it

## What is it?

Cyberbullying is an intentional and repeated act of harm inflicted through online means.

## Where can it happen?

Cyberbullying can happen on social media sites, over email, phone calls, text messages, or even in gaming.

## What happens to the victims?

The most worrying aspect of this phenomenon concerns its consequences. In fact, it ranges from shame and embarrassment to the social isolation of the victim, without forgetting various forms of depression, panic attacks and extreme acts such as suicide attempts.

## What to do about it?

Don't engage. Block the bullies. Document the harassment at the authority and always ask for help without being afraid.