

STOP CYBERBULLYING



What is Cyberbullying?

Cyberbullying is when someone uses internet, phone or social media to harass, threaten, or embarrass others:

- Sending mean messages
- Spreading fake profiles
- Sharing private photos without permission
- Spreading rumors online
- Anger and Social Withdrawal



Why is it Serious?

- Anxiety and Depression
- Poor Academic Performance
- Anger and Social Withdrawal
- Low Self-Esteem



Families & Friends – Get Involved!

- Listen without judging
- Monitor screen time and activity
- Encourage open conversations
- Stand up for someone being bullied



Need Help?

- National Cyber Crime Portal – cybercrime.gov.in
- Cyber Crime Helpline: 1930
- Childline: 1098

Schools – Take Action!

- Create Cyberbullying Cells
- Conduct awareness programs
- Ensure safe reporting channels

Remember:



Think Before You Click



Words Can Hurt or Heal



Be Kind
Be Smart
Be Safe Online