

STAND UP
for what's
RIGHT.

even if
you have to
STAND ALONE.

Respect
DIFFERENCES.
Embrace
KINDNESS.



Be
kind
WORDS
DON'T
rewind.

CYBER BULLYING

Harassment on digital platforms like social media, texts, and websites.



- Recognize and report cyberbullying to a trusted adult.
- Do not respond to cyberbullying.
- Block the person who is bullying you.
- Report cyberbullying to the platform.
- Take screenshots of cyberbullying.
- Do not share personal information.
- Use strong passwords.
- Log out of accounts when you are done.
- Use privacy settings.
- Do not post anything you would not want your parents to see.

We All
Deserve
RESPECT
Online & Offline

Think before you click:

- Is it **TRUE?**
- Is it **HARMFUL?**
- Is it **LEGAL?**
- Is it **NEEDED?**
- Is it **KIND?**

Let's work together
to make our digital
world a respectful
place!

SOCIAL BULLYING

(Relational Bullying)

Damaging someone's reputation or social standing through deliberate exclusion & other behaviors.



VERBAL BULLYING

Using words to insult someone emotionally or psychologically.



ABCs of BULLYING



Acknowledgment

First feelings and responses are not always rational. It's important to acknowledge your feelings and take a break.



Boundaries

Establishing boundaries is important. It's important to know when to say no and to stand up for yourself.



Coping Strategies

There are many ways to cope with bullying. It's important to find what works for you and to seek support from trusted adults.

PHYSICAL BULLYING

Using force or actions to cause harm to someone's body or possessions.



DON'T
Stand By,
STAND UP!



Be a
Buddy.
NOT a
Bully.

NO BULLIES
ALLOWED



Reference Bullying Awareness Book

**Thirumalaisamy P.
Velavancorresponding**



Reference Bullying Awareness Book:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Reference Bullying Awareness Book** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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