



# Say NO TO Cyberbullying



## What are some common signs that could show if someone is being bullied online:

- **Changes in Behaviour:** Noticeable shifts in mood, such as increased anxiety, sadness, or withdrawal from social interactions.
- **Disruption in Daily Activities:** A decline in academic performance, loss of interest in hobbies, or reluctance to engage in previously enjoyed activities.
- **Frequent Complaints of Headaches or Stomach aches:** Physical symptoms that may be linked to emotional distress caused by bullying.
- **Social Withdrawal:** Avoiding friends, family, or social situations, particularly those involving online interactions.
- **Changes in Online Behaviour:** Alterations in how they use social media or online platforms, such as becoming secretive or suddenly deactivating accounts.
- **Increased Sensitivity:** Heightened emotional responses to comments or messages that may not have previously affected them.
- **Reluctance to Share Online Experiences:** Hesitance in discussing their online interactions or experiences, indicating discomfort or fear.
- **Receiving Negative Messages:** Evidence of hurtful comments, threats, or harassment in their online communications.
- **Decline in Self-Esteem:** Expressing feelings of worthlessness or inadequacy, possibly as a result of online interactions.



### Note:

When someone is being bullied online, the people who see it happen but aren't directly involved are called bystanders.

The best kind of bystander is a helper — someone who speaks up, reports the bullying, or supports the person being hurt.

