# Say NO TO Cyberbullying

## What is cyberbullying?

Cyberbullying is a form of bullying that takes place over digital devices such as mobile phones, computers, and tablets. Within these devices, the bullying is presented through texts, social media, forums, games, and any other apps or platforms that allow communication between users.

With most young people having access to these devices, it is not surprising that cyberbullying is becoming more common.

As young people, you need to be aware of how to deal with individuals or even groups who misuse technology, and you need to make sure that you are aware of the implications of your own online behaviour and how it can affect others.