

# LET'S DEFINE CYBER-BULLYING!



**CYBERBULLYING** involves the use of technology to harm others. It includes:

- Using any electronic device to bully.
- Using any communication platform to bully; like social networking websites, SMS, chat rooms, websites etc. ..
- Sending mean messages or threats
- Spreading rumors
- Posting hurtful or threatening messages
- Stealing a person's account information
- Pretending to be someone else online
- Circulating unflattering pictures of a person



**NO  
LABEL**

Anti-Bullying Organization

[www.nolabelme.org](http://www.nolabelme.org)