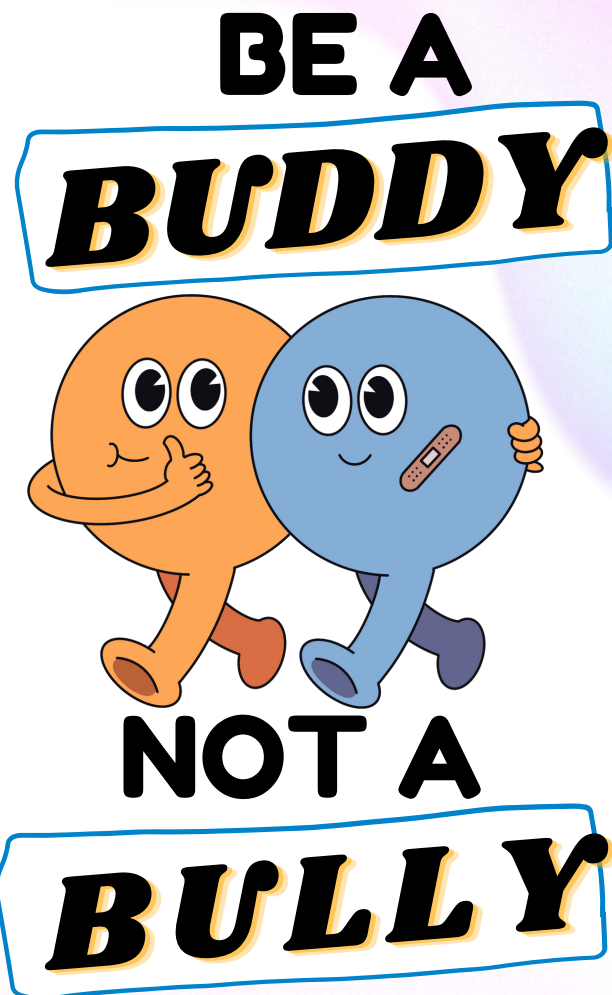


## WHAT CIBERBULLYING IS

REPEATEDLY SENDING  
HURTFUL MESSAGES  
THROUGH SOCIAL  
MEDIA, GAMING  
PLATFORMS OR CHAT  
ROOMS.

CYBERBULLYING CAN  
OCCUR THROUGH  
SMS  
WHATSAPP  
TEAMS  
CORREO ELECTRÓNICO  
INSTAGRAM  
TICK TOK  
SNAPCHAT

...



**BE SAFE  
IN THE  
DIGITAL  
WORLD**

ERASMUS PROYECT ESIO KA210 SCH 000032341



Cofinanciado por  
la Unión Europea





## what to do if you suffer it

TALK TO YOUR PARENTS,  
TEACHERS, FRIENDS AND  
EXPLAIN WHAT IS  
HAPPENING



TELL THE BULLYERS TO  
STOP AND BLOCK  
THEM

DON'T RESPOND TO AND  
DON'T FORWARD  
CYBERBULLYING  
MESSAGES.



KEEP EVIDENCE OF  
CYBERBULLYING

IF YOU KNOW OF A CASE  
OF CYBERBULLYING,  
REPORT IT TO TEACHERS,  
PARENTS TO STOP IT.



## claves para enfrentarte al ciber acoso

- SAFE PLACES TO TALK
- PROTECT YOUR PRIVACY
- ACCEPT ONLY FRIEND REQUESTS FROM FRIENDS
- DON'T BE AFRAID TO BLOCK
- CHOOSE WELL THE CONTENT YOU SHARE
- IGNORE COMMENTS FROM HATERS



- BEHAVE AS YOU ARE IN EVERYDAY LIFE
- BE AWARE THAT CYBERBULLYING IS A CRIME
- DON'T GIVE OUT PERSONAL INFORMATION
- IF YOU ARE HARASSED, SAVE THE EVIDENCE

