

# Handy Hints

## Spotting Cyberbullying

Look out for these features to decide if a situation could be cyberbullying.

- Something is being done **intentionally**.
- The person being unkind **knows** that they are upsetting the other person, but does it anyway.
- It usually happens more than once or lasts a long time.
- It uses any type of online/digital communication (e.g. email, text, social media, apps, message boards, etc.).



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