

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 (not always).
- It uses any type of online/digital communication (e.g. email, text, social media, apps, message boards, etc.).



Not Cyberbullying

- Something hurtful was done by accident.
- The person that was unkind might not know that they have upset someone.
- Someone has said something unkind as a one-off comment but it is not repeated.
- Online communication hasn't been used to be unkind.

