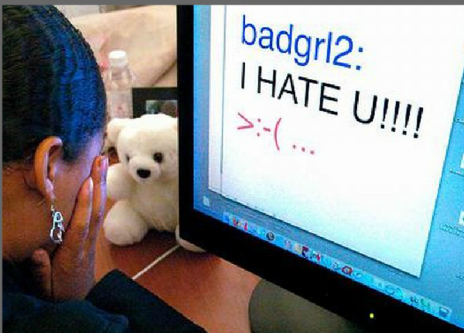


# What is Cyberbullying?



According to [stopbullying.gov](http://stopbullying.gov), Cyberbullying is bullying that takes place using electronic technology. This includes cell phones, computers, tablets and may be sent via text message, IM, email, chat, or posted on social networking sites.

Cyberbullying is different from being bullied in person because it is easier to transmit to many people and harder to get away from. It can happen 24 hours a day, 7 days a week, even when someone is alone.

You can help stop cyberbullying by never responding to or forwarding cyberbullying messages. Keep evidence and give it to an adult that you trust. You should also block the person who sent you the message so they can't keep doing it.