

Name \_\_\_\_\_

## Navigating the Digital World: Understanding Cyberbullying and Staying Safe Online

### Short Answer Key

1. Cyberbullying is the use of digital technology, such as smartphones or social media, to harass, threaten, or harm others emotionally or socially. An example of cyberbullying could be repeatedly sending hurtful messages to someone online with the intent to harm their feelings or reputation.
2. Keeping evidence of cyberbullying incidents can be helpful when reporting the incidents to authorities or trusted adults. Evidence such as screenshots, messages, or emails can support your claims and provide a record of the cyberbullying.
3. If you witness cyberbullying happening to someone else online, you should not engage with the bully. Instead, you can block and report the bully, provide support to the victim, and encourage the victim to talk to a trusted adult about the situation.
4. Thinking before you post is essential because once something is online, it can be challenging to remove. Posting hurtful or offensive content can harm others and have long-lasting consequences, including legal repercussions.
5. It is essential to talk to a trusted adult if you experience cyberbullying because they can provide guidance, support, and help in addressing the situation effectively.

