

Face-to-face bullying and online bullying often have similar behaviours



Face-to-face bullying

- School yard teasing or mimicking
- Purposely excluding someone from a play group
- Using negative facial expressions with intent to cause hurt or harm
- Verbal threats of, or inflicting physical harm
- Spreading nasty rumours or telling confidential information

Cyberbullying

- Sending or posting teasing/hurtful texts, emails, comments, images or videos
- Purposely excluding someone from a closed group or group chat
- Tagging someone in a hurtful or degrading image or meme
- Targeted public or private messages with threats of physical harm
- Publishing private conversations or publicly spreading rumours online



If you are interested in learning more about cyberbullying behaviour, warning signs, how to start a conversation, how to increase your security and privacy setting, along with how to report cyberbullying, you can do so in the full Parentline Training. It takes approximately an hour and is designed to be easily accessed from your mobile device or tablet.

[Click HERE](#) to begin.

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