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Cyber bullying

Cyberbullying is the use of digital technologies such as social media, text messages, online forums, and other forms of communication to intimidate, harass, or harm others. Cyberbullying can take many forms, such as spreading rumors or making threats, sending hurtful or derogatory messages, sharing embarrassing or private information, or creating fake social media profiles to impersonate or harass others.

Cyberbullying can have serious consequences for the victims, including emotional distress, social isolation, depression, and even suicide in some cases. It can also have long-lasting effects on the mental health and well-being of the victim.

To prevent cyberbullying, it is important for individuals to be aware of their behavior online and to treat others with respect and empathy. It is also important to report any instances of cyberbullying to the appropriate authorities, such as school administrators or law enforcement. Victims of cyberbullying should seek support from trusted friends, family members, or mental health professionals, and take steps to protect themselves online, such as blocking or reporting the bully or adjusting privacy settings on social media accounts.



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