

What is the bullying / cyberbullying ?

Is not your friends, if he hurts you badly

Tips for the bully

You'd better stop
You should apologize



Consequences

- Anxiety
- Depression
- Lose interest in the activities
- Avoid spending time with other people
- Not go to classes or school

Tips for the bullied :

You'd better **speak** to other people about your problem
You should **not answer** to the bully
You ought **not to avenge** yourself
You should **make a complaint** about the bully
You ought take a step back

Bullying is an attacked of your reputation by a group of people

Cyberbullying is bullying on the net, the social networks