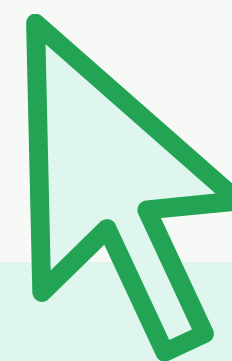# PREVENTION OF ONLINE BULLYING

CYBERBULLYING

- Insults & verbal abuse
- Threats & extortion
- Unwanted advances & sexual harassment
- Sharing personal information & rumors
- Posting fake, intimate, or embarrassing photos
- Exclusion from online activities
- Violence videos

OCCASIONS/TRIGGERS

- Conflicts within a class are continued online
- Lack of conflict resolution strategies
- Boredom
- Hiding behind the smartphone
- Intercultural conflicts
- Puberty: new interests & friendships
- Large audience (participants/onlookers)

PREVENTION

- Knowing and naming one's own emotions
- Giving and accepting honest feedback
- Avoiding general insults
- Targeted reduction of aggression
- Expressing specific wishes
- Letting others speak and listen to them