

# 6 Kinds of Online Bullying

Everyone deserves to feel safe and respected online. Knowing what cyberbullying looks like can help you recognize it and act.



## Start a family conversation:

- What can you do to help others feel included and respected when you're online?
- Who can you talk to if you or a friend is being cyberbullied?
- How could it make someone feel if they were being cyberbullied?
- What should you do if someone is making you feel uncomfortable or unsafe?

For more information:  
[www.K-12CyberAwareON.ca](http://www.K-12CyberAwareON.ca)

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1

### Mean Messages

Hurtful, rude, or threatening texts, chats, or comments.



2

### Rumours and Gossip

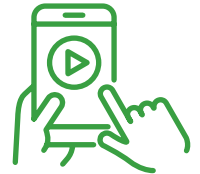
Sharing false or embarrassing stories about someone online.



3

### Sharing without Permission

Posting or sending someone's pictures or videos to embarrass or upset them.



4

### Fake Accounts

Pretending to be someone else online to trick, embarrass, or hurt them.



5

### Leaving Someone Out

Purposely excluding someone from online groups, chats, or games to be hurtful.



6

### Online Threats

Using messages or posts to scare or intimidate someone.



**Need help now?** Start a confidential conversation with a real person you can trust.  
Call 1-800-668-6868 or Text 686868



**Think Safe.  
Share Safe.  
Stay Safe Together.**



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