



Cyberbullying Worksheet

Activity: Types of Cyberbullying

Instructions: Think of a time when you witnessed cyberbullying. Describe where you saw this, what was happening, and what you would do.

Bullying Type	Definition	App/Site	Example	What would you do? How could you help?
Harassing	Cyberstalking. It is bombarding someone with messages over digital media, or repeated contact when it is least expected or least wanted.			
Flaming	Saying mean things, usually in ALL CAPS, and often in a public forum with the intention to humiliate the other person.			
Deceiving	Using fake names, posing as someone else, or creating a fake profile about someone else.			
Hate Speech	A verbal attack targeting someone because of their race, gender, religion, ability, or sexual orientation.			
Exclusion	Intentionally singling out or leaving out a person from an online group or chat.			