

# STOP CYBER-BULLYING

Cyberbullying is a form of harassment repeatedly exercised via the Internet or digital technologies, aiming to intimidate, humiliate or psychologically harm a person.

If you are cyberbullied, talk to someone you trust and file a complaint.

## HERE IS THE TESTIMONY OF A GIRL WHO WAS CYBERBULLIED.

At 12 years old, complexed, I met L. online. Our relationship triggered a violent cyberbullying: insults, threats, photomontages, 50 bullies, 8 months of daily suffering. I didn't say anything. Everything stopped after L's suicide. A year of silence later, I almost committed the act. Depressed, socially anxious, I am rebuilding myself today thanks to my loved ones and a psychologist, but the wounds remain.

**emergency numbers**

**3018: against bullying**

**3114: Suicide Prevention**