order to prevent it or decrease its spread, universal solutions and strategies based on multi-system therapy, parental skills training, peers support programmes and intervention forms based on positive school atmosphere and family background (Guo, 2016, pp. 441–444) should be used.

Finally, it is worth emphasizing that in the context of cyberbullying prophylactics, probably the most efficient prophylactic programmes will be those taking into account an individual, his/her personality features and perpetuated behaviour patterns, as well as the family environment, school atmosphere, peer pressure and a broader social context. Therefore, in the prevention of the phenomena, it is postulated to, first of all, use universal strategies and then take actions directed at a concrete individual and the features of the particular person which contribute to his/her becoming a victim or perpetrator of internet aggression (Guo, 2016, p. 444).

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