Ways to Prevent Cyberbullying

Use these tips to protect yourself and others from cyberbullying.

Use proper internet etiquette

▸ Be extra polite to people online. They can't see your expression or hear your tone of voice, so what you say can easily be misunderstood.

▸ Delete anything you receive that's hurtful to another. Don't respond to it. Don't forward it.

▸ Don't send a message to someone else when you're upset or angry.

▸ Post only information that you are comfortable with the world seeing *forever*.

Protect your personal information

▸ Never give your contact information or your passwords to anyone other than your parents.

▸ If you post a photo, use one that a parent or grandparent would show to others.

▸ Use hard-to-guess passwords.

Remember, there is no such thing as privacy online!

Cyberbully Survey

Have you done any of the following?

Yes	No	
☐	☐	1. Sent a mean or insulting message
☐	☐	2. Spread gossip, rumors, or lies about another student online
☐	☐	3. Excluded others from an online group in order to hurt them
☐	☐	4. Pretended to be someone else in order to get that person in trouble
☐	☐	5. Sent or posted a photo that would be embarrassing to another student
☐	☐	6. Sent a threatening message
☐	☐	7. Forwarded embarrassing information or photos to friends
☐	☐	8. Shared someone's secret online

All of the above are examples of cyberbullying. If you have done any of these in the past, think about your motives, and consider the effects your actions may have had on others.

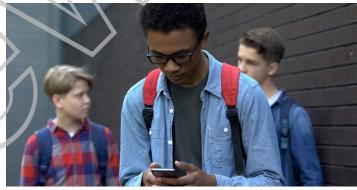*"Our character is what we do when no one is looking."*

Jackson Brown

Cyberbullying

Take a Stand Against Bullying

Cyberbullying

Students today use all sorts of devices to communicate with their friends. And while electronic communication is fun and convenient, it's also easy to misuse.

When students use their phone, tablet, or computer to harass, threaten, or embarrass another, it's cyberbullying.

Who are the cyberbullies?

▶ Cyberbullies are often people who lack the courage or strength to confront someone face-to-face.

▶ While bullies who attack others physically or verbally are motivated by power and control, cyberbullies are often motivated by anger or revenge.

▶ In many cases, cyberbullying is done by students who don't intend to be hurtful or mean—they're "just playing around."

Cyberbullying is Different

Because of the following differences, cyberbullying can be even more difficult to deal with than physical or verbal bullying.

Anonymity – Because cyberbullies can hide their identity, they are often braver and more daring.

Convenience – Cyberbullying can be done 24/7, using any electronic communication device from any location.

Distance – Cyberbullies often do not see the hurtful reaction of their targets, making them less likely to understand the pain they're causing—and less likely to feel badly about what they've done.

Entertainment – Some cyberbullies enjoy creating drama, or they think what they're doing is funny or clever. Some are just bored and looking for ways to entertain themselves.

Fast and far reaching – Cyberbullies can reach a large number of people in a matter of minutes. In many cases, a message is sent or posted impulsively, before the sender has considered the consequences of their words or actions.

What You Can Do

If you are the target of a cyberbully, here are some things you can do.

▶ Immediately block or delete the cyberbully's number or email address.

▶ Don't respond or retaliate. Ignore it. Cyberbullies who don't get a reaction often get bored and quit.

▶ Tell a parent. Tell an adult you trust. Tell your friends. *Don't let anyone bully you into silence!*

▶ Save and print all messages or posts.

▶ Keep a record of where the harassment is coming from and when it happens.

▶ Look for clues to help you identify a cyberbully. Once identified, cyberbullies should be reported to their online service provider.

▶ If you are being threatened, it's serious. *Tell a parent what's going on.* School officials should also be informed, and you may want to consider involving law enforcement or taking legal action.

Most importantly, don't let a cyberbully get you down. Talk to your friends and parents about what's happening, stay busy with activities you enjoy, and focus on the positive things in your life!