

CYBERBULLYING

Cyberbullying is the use of electronic devices (cell phones, computers, tablets) to harass, threaten, or embarrass others.

What should you do if it happens to you?

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

Keep a record. Save, print, or screenshot all messages or posts. Keep a record of where it's coming from and when it happens.

Block/delete. Immediately block or delete the cyberbully's profile, number, or email.

Tell an adult you trust. Also tell your friends. Don't let anyone bully you into silence!

If you are being threatened, it's serious. Tell your parents 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. Do things with your family and friends, and stay busy with activities you enjoy. Focus on the positive people and things in your life!

CYBERBULLYING SURVEY

Have you done any of the following?

Yes **No**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Sent a mean or insulting message. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Spread gossip, rumors, or lies about another student online. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Excluded others from an online group in order to hurt them. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Pretended to be someone else in order to get that person in trouble. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Sent or posted a photo that would be embarrassing to another student. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Sent a threatening message. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Forwarded embarrassing information or photos to friends. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Shared someone's secret online. |

All of the above are examples of cyberbullying.

If you have done any of the above in the past:

Examine your motives. What have you done and why did you do it? Also, put yourself in the other person's shoes and try to imagine how he/she might feel.

If you witness cyberbullying, what should you do?

Most cyberbullying takes place outside of school and "under the radar" of adults. This makes it more important than ever for students to speak up and take a stand against cyberbullying.

If you witness cyberbullying, or are aware that it's going on, intervene to stop it, support the person who was targeted, and/or report it to an adult.

Bystanders are the key to stopping bullying!