Cyberbullying: Bullying in Digital Hallways

What is cyberbullying?
- Bullying that takes place using electronic technology.
- Cyberbullying can take the form of:
    - Sending mean or threatening emails, messages, or texts
    - Tricking someone into revealing personal or embarrassing info and making it public
    - Sending or forwarding private messages to others
    - Starting rumors through text message or online
    - Creating fake web pages/profiles to make fun of people
- Cyberbullying is dangerous because it can't be escaped by leaving school. It follows kids 24/7.

What should you do if you are cyberbullied?
- **TELL A TRUSTED ADULT.**
- Do not seek revenge and cyberbully back.
- Walk away. Bullies get their power from your fear. Do not give them your power. Tell an adult.
- 'Block' the cyberbully to prevent him/her from writing to you again.
- Report the bully to a person of power on the website.
- Print out or take screenshots of the bullying in case the situation gets worse and teachers/police need to get involved.

What should you do if you see someone cyberbullied??
- **TELL A TRUSTED ADULT.**
- Don't repeat or forward the messages.
- Don't seek revenge and cyberbully back.
- Encourage the victim to tell an adult.
- Check on the victim. Sit with them at lunch.
- Make sure they know you care and that they are not alone.

What can you do NOW to prevent cyberbullying?
- Create an Family Online Safety Plan with your parents, so you feel comfortable talking to them when you need help (for yourself or a friend).
- Talk to your parents often about what you do online.
- Keep your passwords private (share it with your parents, but never anyone else).
- Think about what you post – will it embarrass you or anyone else if any human being sees it?
- *Never post personal/embarrassing information about yourself online or text it to anyone.*