

CYBERBULLYING

- Takes place over digital devices like cell phones
- Occurs through texts, apps, social media, forums, or gaming
- Sending, posting, or sharing negative, harmful, false, embarrassing, or mean content about someone else



LEADER

You can help prevent bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas.
- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying.



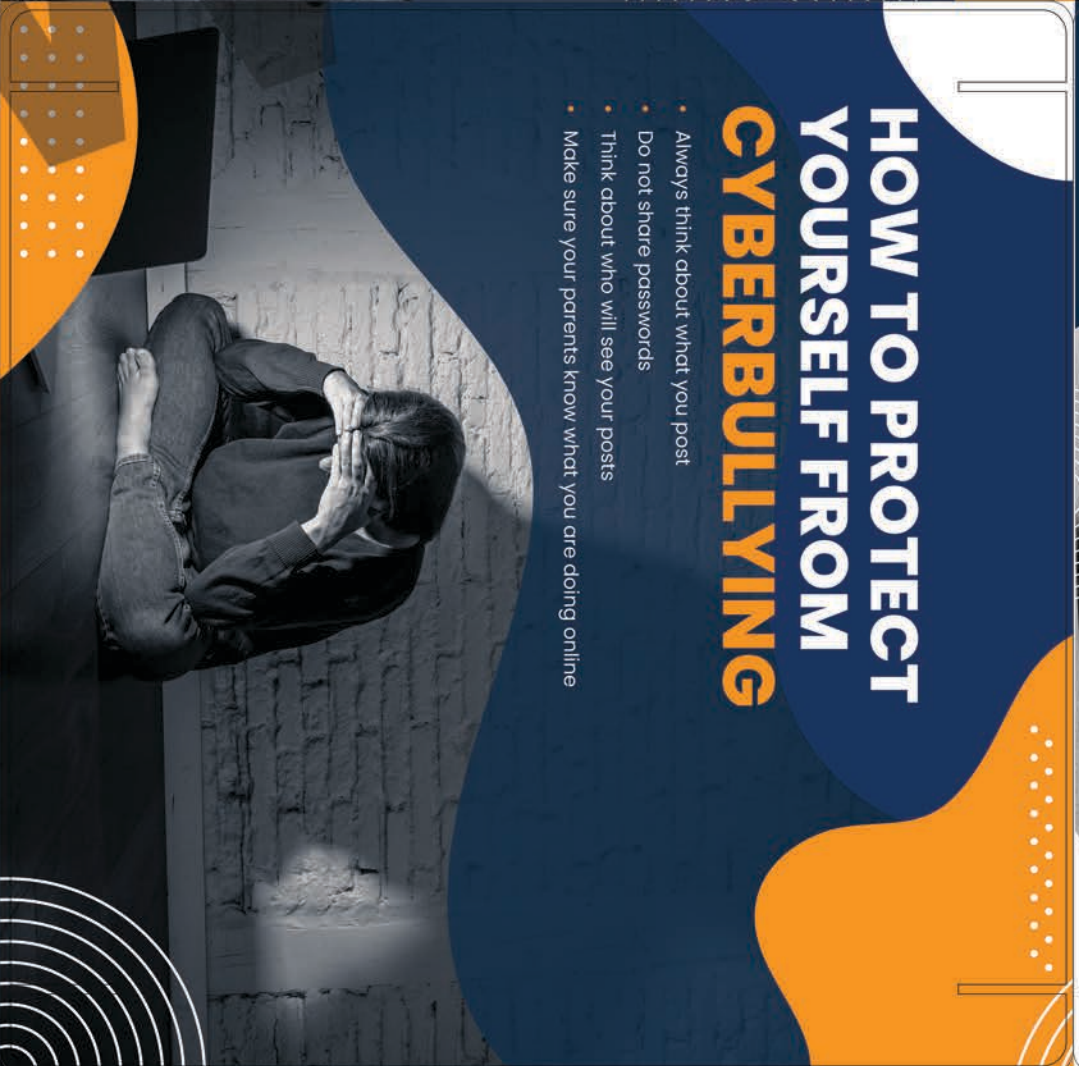
Three types of BULLYING:

- Verbal bullying – saying or writing mean things
- Social (relational) bullying – hurting someone's reputation or relationships
- Physical bullying – hurting a person's body or possessions



HOW TO PROTECT YOURSELF FROM CYBERBULLYING

- Always think about what you post
- Do not share passwords
- Think about who will see your posts
- Make sure your parents know what you are doing online



BULLYING HURTS EVERYONE

Both kids who are bullied and who bully others may have serious, lasting problems.



IF YOU ARE BULLIED...

Talk to an adult you trust about anything that someone did to make you sad or scared.



WHAT IS BULLYING?

Unwanted, aggressive behavior with:

- **Imbalance of Power** – Using physical strength, access to embarrassing information, or popularity to control or harm others.
- **Repetition** – Happens more than once or has the potential to happen more than once.



HELP END BULLYING

Being kind to others helps keep you safe. Do not do anything that could hurt or embarrass anyone.

