

>INFOCUS

CYBERBULLYING

What is Cyberbullying?

Using technology to bully someone, whether through harassment, name-calling, or creating fake profiles. It can happen online or through text messages. It's just as hurtful as being bullied in person and can have the same terrible consequences.

46% of teens report experiencing bullying.

Cyberbullies...

- Think their actions or comments are funny.
- Frequently don't think they're doing anything wrong.
- May be jealous, want revenge, or feel the need for peer acceptance, and dominance.
- Social media and texts are common tools for bullying.

FORMS OF CYBERBULLYING

Posting mean or threatening messages on social media sites or other websites.

Stealing account information to take over others' computers, social media, bank accounts, or online games.

Spreading rumors online or through texts.

Pretending to be someone else or creating fake online profiles to hurt another individual.

Taking and/or circulating unflattering or sexually suggestive photos via text or online.

Texting threatening or hurtful messages.

Sending hundreds or thousands of messages.

What if You're the Victim of Cyberbullying?

You are not alone and you are not helpless! Here are some things you can do to protect yourself and make the bullying stop:

🚫 Don't Bully Back!

Starting your own cyberbullying attack will get you nowhere and you might get into trouble. Cyberbullying is illegal in almost every state.

🚫 Don't Forward!

Don't forward a bully's message. Sharing it with someone else only makes the problem worse.

🚫 Don't Believe It!

Don't let a bully get you down. You know who you are and why you're awesome!

✓ Ignore It!

Bullies want a reaction. Don't give it to them and they may stop. Cut the bully off by blocking posts, calls and texts.

✓ Record It!

Print a copy of the bullying messages and keep a log of when you received them.

✓ Report It!

Don't keep it to yourself. Friends, parents, teachers and police will be able to help you to make the bullying stop.

Rise Above Cyberbullying

If you are taking part in cyberbullying, stop now.

Your actions have real world consequences.

If you are a victim of cyberbullying, don't be quiet about it.

Let parents or other trusted adults know what's going on. You're not alone and you don't have to be a victim.

NO ONE DESERVES TO BE BULLIED!