

## What to do if you are cyberbullied...

- Never respond to harassing or rude comments. No back and forth
- Save or print the evidence
- Talk to your parents, guardian, teacher, or any adult you trust. Ignoring bullying only leads to escalation.
- Report the problem to school staff, the police, or school resource officer
- Respect others online
- Only share your password with your parent or guardian.
- Change your passwords often.
- Password protect your cell phone
- Use privacy settings to block unwanted messages.
- Don't get revenge by doing the same thing back. ThinkB4uClick!



Resources:

[www.wiredsafety.org](http://www.wiredsafety.org)

[www.wiredkids.org](http://www.wiredkids.org)

[www.stopcyberbullying.org](http://www.stopcyberbullying.org)

[www.netismartz.org](http://www.netismartz.org)

[www.stopbullyingnow.hrsa.govhttp://](http://www.stopbullyingnow.hrsa.govhttp://)

[www.stopcyberbullying.org/kids/are\\_you\\_a\\_cyberbully.html](http://www.stopcyberbullying.org/kids/are_you_a_cyberbully.html)

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[www.hasd.org](http://www.hasd.org)  
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## Cyberbullying Information and Prevention for Students



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"Building Tomorrow Today"

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## CYBERBULLYING

Cyberbullying is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices. (Hinduja and Patchin 2009). Cyberbullying is when someone repeatedly makes fun of another person online or repeatedly picks on another person through email or text message or when someone posts something online about another person that they don't like.

In a 2005 study of about 1,400 adolescents, 32% of boys and 36% of girls have been victims of bullying, while 18% of boys and 16% of girls reported harassing others in cyberspace (Hinduja & Patchin, 2008).

Cyberbullies are often motivated by anger, revenge, or frustration. Sometimes they cyberbully for entertainment ("it's fun") or because they are bored and have too much time on their hands. Many do it for laughs or to get a reaction.

Cyberbullying has emotional and behavioral consequences.

**BE RESPECTFUL**

**DON'T DO IT!**



## PREVENTION

There are many ways you can prevent cyberbullying:

- Be respectful, don't do it in the first place!
- Tell friends to not do it or to stop doing it.
- Take a stand and report cyberbullying to a trusted adult: parent, teacher, guidance counselor, principal
- Refuse to pass along hurtful messages, photos, etc.
- Don't laugh at inappropriate jokes
- Don't silently sit back, do nothing, and allow it to continue
- Understand that there are behavioral and emotional consequences that can happen to you or others.
- Don't get involved, just to fit in.
- Stand up for the victim
- Realize that there could be home, school, and legal consequences.
- Educate yourself about cyberbullying
- ThinkB4uClick. Don't post anything you wouldn't want your parents, teacher, or principal to see.



## ARE YOU A CYBERBULLY?

Cyberbullying is verbal harassment that occurs during online activities.

Have you ever...

- Sent others threatening e-mails, text messages?
- Had nasty instant messaging sessions?
- Sent repeated notes to a cell phone?
- Set up a website to mock others?
- Borrowed someone's screen name and pretending to be them while posting a message?
- Forwarded supposedly private messages, pictures, or video to others?
- Photoshopped someone else's picture by putting them in an embarrassing context or scene?
- Spread rumors about someone using email, text messaging, or post to social networking Web sites?
- Sent rude or scary things to someone, even if you were just joking?
- Used bad language online?

**IF YOU HAVE, THEN YOU**

**MAY BE A CYBERBULLY!**

