Help others who are being bullied.

- ✓ If friends are doing something that can hurt others, tell them to stop!
- ✓ Let your friends know that being a cyber bully is cruel – not cool!

Don't be a cyber bully!

- ✓ Think before you hit send. Can the message or post hurt another person?
- ✓ Never forward things that could be hurtful.
- ✓ Don't join in on teasing or harassing others.
- ✓ If you are angry, take time to cool off before you respond.
- ✓ Don't insult people (online or offline) – it invites revenge.
- ✓ **CYBER BULLYING HURTS EVERYONE!**

Computers and cell phones can make it easy for a person to tease, harass or bully another person. Look inside to learn about cyber bullying, and for tips on how to protect yourself and others.

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WHAT IS CYBER BULLYING?

CYBER BULLYING

WHAT CAN YOU DO ABOUT IT?

CYBER BULLYING

Cell phones and the Internet make it easy to meet or stay in touch with friends. But they make it easier for some people to hurt, tease or bully others.

What is cyber bullying?

✓ Using email, text messages, blogs, videos, websites, cell phones, social networking or gaming sites to embarrass, harass or bully another person is called cyber bullying or e-bullying.

✓ A cyber bully may:
- Spread rumors or post embarrassing photos.
- Make rude or threatening comments.
- Forward something that was meant to be private.
- Pretend to be someone else.

Anyone can be a cyber bully.

✓ Sometimes a person does not know that his or her actions will hurt others. He or she may not know that the "joke" can cause real harm.

✓ Other times a cyber bully actively picks on a person.

Protect yourself.

✓ Use care when posting personal information and photos. Assume **everyone** has access to your profile, post, text messages and emails.

✓ Remember that posts and messages can spread fast.

✓ Don't open emails from people you don't know or from someone you know is a bully.

✓ Never share your passwords. Set your profile to private.

If you are being bullied...

✓ There is nothing wrong with you. It is the bully who has the problem!

✓ Do not respond to messages from bullies. Ignore them.

✓ Save the messages as evidence. You don't have to look at them, but do keep them.

Tell an adult you trust.

✓ If the bullying does not stop, tell a parent or teacher. He or she can help you decide what actions to take.

Actions to stop the bullying may include:

✓ Calmly telling the person to stop and remove harmful posts.

✓ Asking the company that runs the site to remove the messages or posts.

✓ Filing a complaint with the cell phone company or Internet service provider (ISP).

✓ If you know the bully, an adult can talk to the person's parents or contact an attorney.

✓ If the bully threatens harm, call the police.