CYBER BULLYING

Cyber bullying is when someone does or says mean things to another person using a phone, computer or other electronic device. It is something that's done repeatedly and on purpose. It can be just as hurtful and harmful as other forms of bullying and should be taken very seriously.
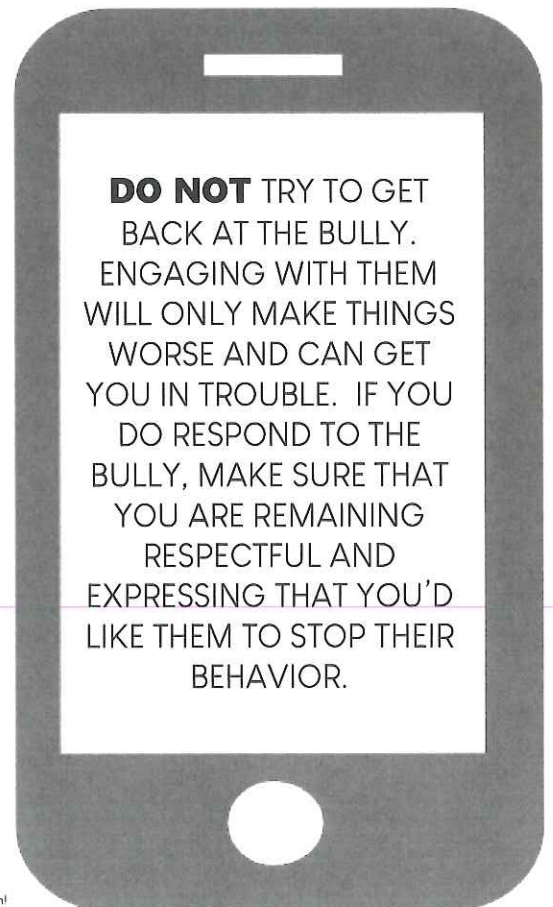
Examples of Cyber Bullying

Posting rumors or untrue statements about a person

Sending text or direct messages that make a person feel unsafe

Sharing or exposing another person's personal information

Name-calling, trolling, shaming, stalking, or making threats

Creating fake accounts and pretending to be someone else

Posting hurtful things about someone on social media

Sharing an embarrassing or private picture with others

Hacking into another person's account to try to access their personal information

If You Experience Cyber Bullying

- Ignore the comments if they aren't too harmful. Bullies want you to get mad and engage.

- Block the bully so that they can no longer interact with you.

- Keep track of your interactions with the bully. It can be used as evidence against them.

- Report the bullying to an adult. If it's on a social media site, you can report the bully and their account can be suspended or banned.

- Don't wait until it gets too bad. The sooner you address the bullying, the quicker it can stop.

DO NOT TRY TO GET BACK AT THE BULLY. ENGAGING WITH THEM WILL ONLY MAKE THINGS WORSE AND CAN GET YOU IN TROUBLE. IF YOU DO RESPOND TO THE BULLY, MAKE SURE THAT YOU ARE REMAINING RESPECTFUL AND EXPRESSING THAT YOU'D LIKE THEM TO STOP THEIR BEHAVIOR.