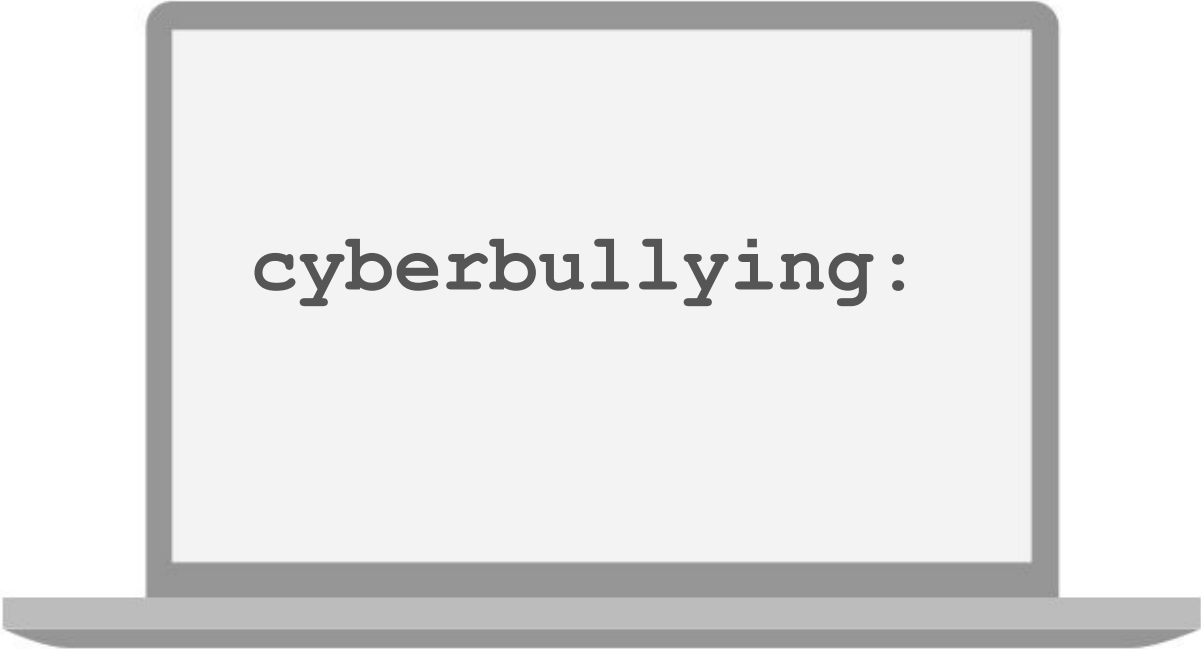


# Cyberbullying

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# What is Cyberbullying?



**cyberbullying:**

the use of  
electronic  
communication to  
bully a person

# What is Cyberbullying?

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else.

**Cyberbullying is a crime in many states.**



# Impact of Cyberbullying

- Cyberbullying is not harmless just because it takes place online
- Cyberbullying hurts real people
- Victims of cyberbullying may experience isolation, low self-esteem, or depression

# Cyberbullying is:

- **Persistent:** Digital devices allow constant communication, so victims don't have respite
- **Permanent:** Cyberbullying can contribute to the digital footprint of the victim and the bully
- **Discreet:** Teachers and parents can't see or overhear cyberbullying

# Cyberbullying Roles

- **Bully:** uses digital devices to harass and hurt somebody
- **Victim:** is being cyberbullied
- **Bystanders:** are aware of cyberbullying but don't intervene
- **Upstanders:** try to break the cycle of cyberbullying

# What should you do if you're being bullied?

- **Do not respond** to harassment or threats--this may encourage the bully
- **Keep a record** of messages received (print or take screenshots)
- **Reach out** to parents, teachers, counselors, and school administrators
- **Block** communication from the bully (if possible)

# What should you do if you're being bullied?

- **Report** bullies to website admin--oftentimes bullying is a violation of terms of use
- **Don't retaliate** by bullying the bully--you could get in trouble for this!
- **Don't forward** messages from the bully
- **Don't believe the bully!**



# What should you do if you see bullying?

- Don't be a bystander by doing nothing. This allows the bullying to continue.
- Be an upstander--break the cycle of bullying!



# How to be an Upstander

- **Reach out** to the victim--let them know that you care and encourage them to seek help
- **Don't bully** the person who is being a bully
- **Tell** a teacher, parent, or counselor about the bullying
- **Report** bullying to the website admin

# In Conclusion...

- **Do not** participate in cyberbullying (even in response to a bully)
- **Ask for help** if you are being cyberbullied
- **Stand up** if you see somebody being cyberbullied