

CyberbullyNOT

Online Social Aggression

Cyberbullies use the Internet or cell phones to send hurtful messages or post information to damage people's reputation and friendships.

Don't Put Yourself at Risk

- Don't post or send information others could use against you.
- Watch out for how you are communicating. Be careful not to insult others.
- Don't hang around places where people treat you badly.

If You Are Cyberbullied

- DON'T RETALIATE! This only gives the cyberbully a "win" and could make other people think you are part of the problem.
- Save the evidence and try to figure out who the cyberbully is.
- Decide whether you can handle the situation by yourself or should tell an adult. But if what you try does not work, be sure to get help from an adult.
- Depending on how bad the cyberbullying is, the steps you or a parent can take include (you will need your parent's help for some of these steps):
 - ▷ Calmly and strongly tell the cyberbully to stop and to remove any harmful material or you will take further action.
 - ▷ Ignore or block the communications.
 - ▷ Send the material the cyberbully has posted to his or her parents and tell them to make it stop.
 - ▷ File a complaint with the Web site, ISP, or cell phone company.
 - ▷ Get help from your school counselor, principal, or resource officer.
 - ▷ Contact an attorney.
 - ▷ Contact the police if the cyberbullying includes any threats.

Friends Don't Let Friends Get Hurt Online

- If you see that someone is being cyberbullied:
 - ▷ Tell the cyberbully to stop.
 - ▷ Help the person being cyberbullied.
 - ▷ Tell a trusted adult.

Don't Be a Cyberbully

- It's not "cool"— it's cruel.