

TAKE ACTION • SPEAK UP • REPORT

<http://www1.pgcps.org/antibullying/>

It's Crime!



CYBERBULLIES

A cyberbully uses the Internet, cell phone, or other device to send or post text or images to try to hurt or embarrass another person. It's a lot like the bullying that happens at recess or on the school bus, and it hurts just as much. Like other kinds of bullying, you can help stop cyberbullying from happening to you.

Remember:

- Keep your password safe! You can tell your parents about it, but not anyone else!
- Don't share secrets, photos, or anything online that might be embarrassing if someone found out.
- Set up email and instant messenger accounts with your parents. Make sure not to put your name, age, address, or phone number in your profile or screen name.
- Don't send messages when you're angry. Wait until you cool off so you don't say something you'll regret.
- Let bullies know that cyberbullying is not OK. If your friends are cyberbullying, tell them that it's not funny and that cyberbullying hurts people.
- Be as nice online as you are offline.

If a cyberbully is bothering you:

- Don't respond to emails or messages that are mean to you or your friends.
- Don't forward emails or messages that are mean or that spread rumors about other people.
- Don't open emails or messages from someone you know is a bully.
- Block anyone who acts like a cyberbully.
- Save or print all messages from bullies.
- Show the messages to an adult you trust—like a parent or a teacher—and ask for help. If the first adult you tell doesn't help you, keep telling until someone does.

What Parents Can Do to Protect Children

- Visit the sites that young people visit. Monitor online activity.
- Look at cell phone texts and pictures to see what is stored in the phone.
- Set up a contract for computer and cell phone use and ethical behavior.
- Block access to suspicious web sites.
- Encourage your child to tell a trusted adult if bullying occurs.

What Children Can Do to Protect Themselves

- Never give out any contact information. This includes cell phone numbers, instant messaging names, email addresses, or street addresses.
- Tell an adult if any online harassment occurs.
- On game sites or social networking sites, insist that the moderators follow up with cyberbullying complaints.
- Stand up against cyberbullying by never participating in it or laughing at hurtful comments.

What to Do If Online Bullying Occurs

- Tell the bully to stop. Be firm and clear.
- Complete a school Bullying, Harassment, Intimidation Form.
- If the cyberbully is someone the child knows, a visit with school officials will help. Many schools are now putting rules about online bullying in their handbooks.
- Report harassment to the local police.
- Report harassment to the Internet Service Provider, (ISP), or the cell phone provider.
- Save any harassing messages and print them out to save as evidence.
- Block messages from the sender.

TAKE A STAND AGAINST BULLYING