

What is Cyber Bullying? Visit the websites below:

Stopbullying.gov

[Stand Up to Cyberbullying](#)

Examples of Cyber Bullying

- **Cyber stalking** – cyber stalking can be described as the sending of messages to frighten or threaten someone. The person receiving these messages begins to worry about their safety and general well-being.
- **Degradation/humiliation** – bullies will use cyber bullying to spread rumors and hearsay with the purpose of damaging the victim's reputation to ensure that they are shunned.
- **Harassing** – harassing is the sending of insulting, threatening and harassing messages via the internet or cell phones. These messages are however sent persistently and tirelessly.
- **Impersonating** – impersonation is the act of taking on an identity that is false for the purpose of tormenting a person and damaging their reputation. Impersonation can also be acted out by pretending to be the victim also by creating a false identity or profile.
- **Flaming** – this is a very hostile and rude form of abuse where the bully uses vulgar and abusive language with the intention of starting a fight with the victim.
- **Text messaging** – most bullies will use text messaging to torment another teenager or pre-teen. They do this by enlisting the help of other bullies and together they keep sending endless text messages to their victim's phone. The purpose of all this is to run up the victim's phone bill which will eventually get them into serious trouble.
- **Password theft** – some bullies will do everything possible to gain the passwords of a teenager illegally. After gaining these passwords, the bully enters the victim's sites and locks them out. In some cases, the bully will use these sites to bully others.
- **Web site creating** – bullies will create websites and pages and load them with images, statements and insulting remarks for the sole purpose of tormenting and humiliating a person.
- **Use of Photos and images** – bullies will post embarrassing photos of their victims all over the internet to torment and humiliate them. In most cases, these photos and images are fake and just altered to portray the victim. We all have heard of stories where teenagers have been tricked into sending their naked photos to a stranger they met online only for the stranger to post them all over the internet just to humiliate and torture the victim emotionally.
- **PC attacks** – this is the sending of Trojan horses, viruses, worms, spyware and so on to another person's computer. With our youth becoming more knowledgeable on computer technology, pc attacks have become extremely easy to employ.
- **Proxy attacks** – bullies who prefer this kind of bullying usually enlist the help of their fellow bullies and friends to humiliate and cause emotional damage to others. Proxy attacks are where the bully with the help of someone else will install a proxy into the computer of the victim. By doing this, the bully will be able to access even the most

confidential information of the victim through the proxy which will transmit it to him or her. The bully will then use this information to humiliate or threaten the victim.

Facts About Bullying

Bullying is being mean to another kid over and over again. Bullying often includes:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites.

Facts for kids about bullying: <https://www.stopbullying.gov/kids/facts/#bully>

For More Information: <http://www.stopbullying.gov/get-help-now/>

Kids Who are Bullied

Kids who are bullied can feel like they are:

- Different
- Powerless
- Unpopular
- Alone

Kids who are bullied have a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. Bullying can make them:

- Sad, lonely, or nervous
- Feel sick
- Have problems at school
- Bully other kids

Information for Kids who are bullied <https://www.stopbullying.gov/kids/facts/#bullied>

Kids Who Bully Others

Kids bully others for many reasons, they may:

- Want to copy their friends
- Think bullying will help them fit in

- Think they are better than the kid they are bullying

Bullying is never okay. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart. Or, the kid doing the bullying may know a secret about the kid being bullied. Kids who bully can have other problems, too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school.

Kids Who See Bullying

When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they don't feel safe. They may join in or stay silent so they won't get bullied themselves. They may stand up to the bully. But [the best thing to do](#) is get an adult who will stop the bullying on the spot.