

# CYBERBULLYING

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WHAT STUDENTS SHOULD KNOW



# What is Cyberbullying?

Cyber Bullying is when a child or teen is **tormented**, **threatened**, **harassed**, **humiliated**, **embarrassed** or otherwise **targeted** by another child or teen using...

CELL PHONES, COMPUTERS, SOCIAL MEDIA SITES, TEXT MESSAGING, CHATTING, or WEBISTES.

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The logo features the word "STOP" in large, bold, capital letters, each letter inside a colored oval: 'S' is red, 'T' is orange, 'O' is yellow, and 'P' is green. Below this, the word "cyberbullying" is written in a bold, black, lowercase sans-serif font.

**STOP**  
**cyberbullying**

# Two Kinds of Cyberbullying..

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# Direct Attacks – messages sent directly to the victim

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- Instant Messaging
- Text Messaging
- Blogs
- Websites
- Emailing Pictures
- Stealing Passwords
- Hacking or Sending Spyware

# Cyberbullying by Proxy...

- Someone else does the dirty work for the main cyberbully.
- Bullies may hack into the victim's account or steal their password. They may set up a new account pretending to be the victim.
- Friends get angry with the victim.
- This form of cyberbullying is very dangerous because many people are involved, not just the bully and the victim.



# Some facts about Cyberbullying:

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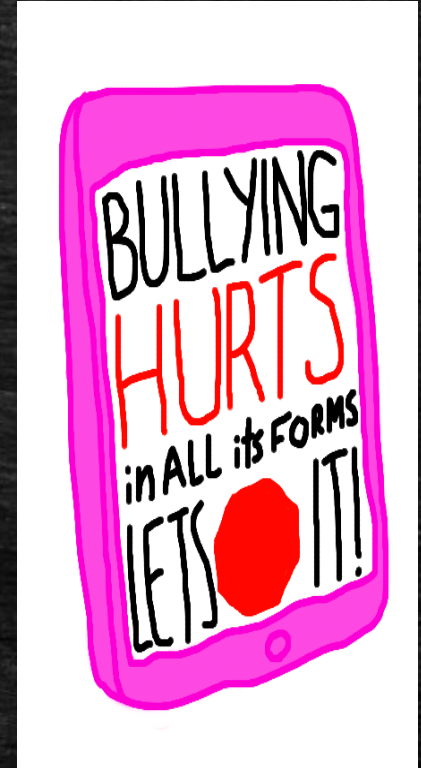
- Children who are being cyberbullied are often bullied in person as well
- Cyberbullying can happen 24 hours a day, 7 days a week, and reach a child even when her or she is alone
- Deleting messages, texts and pictures are extremely difficult after they have been posted or sent



# Consequences of Cyberbullying

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- Anxiety
- Depression
- Stress Related Disorders
- Suicide
- Withdrawal from Friends and Activities
- Changes in mood, behavior and appetite
- Emotional Distress during and after using technology





# STUDENTS: How to deal with Bullying

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- Tell your parents or other trusted adults, they will help
- Try not to show anger or fear. Students who bully like to see that they can upset you
- Calmly tell the student to stop



**STOP!**  
**BLOCK!**  
**TELL!**



# What do **YOU** do when you see someone being Cyberbullied?

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- Make sure you tell an Adult
- Say kind words to the student being bullied
- Encourage the student who is bullied to talk to someone about what happened and offer help





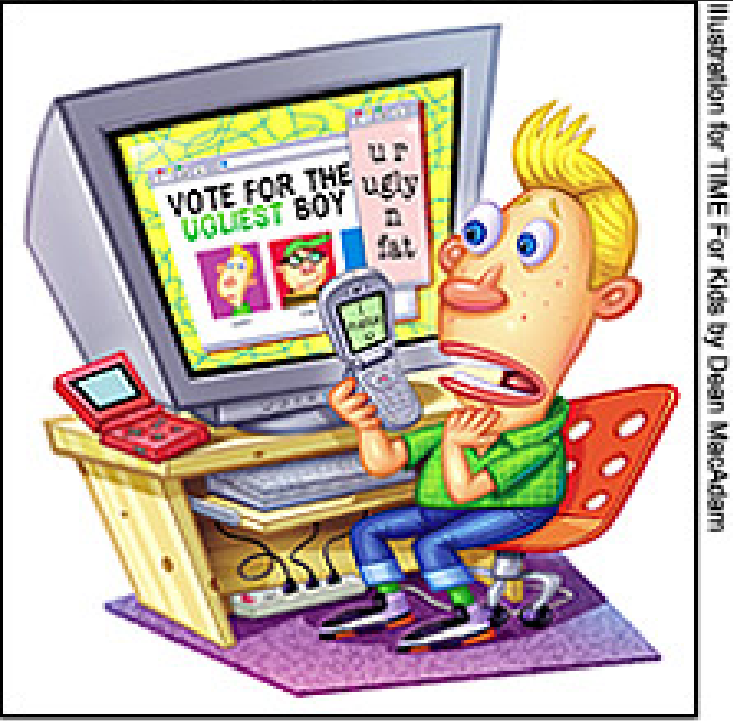
# How to Stop a Cyberbully...

- Be private – keep password, pictures and secrets to yourself.
- Take five – don't reply in anger.
- Stop, block the sender, tell someone.
- Save the evidence – on your computer or print out.
- Google yourself.





# Don't Be A Victim!



- Talk about bullying in general with friends, teachers and family.
- Discuss what personal information is appropriate to tell other, and what is not.
- Visit some popular teen sites with your parents, teachers, or friends and discuss what you see there and what could be a danger.
- Learn to develop realistic expectations for both personal and on-line relationships.