



Help STOP **CYBER**BULLYING

Promoting *Digital Responsibility* and *Respect*
when using the Internet and mobile phones.

If you are cyberbullied:

Stop • Block • Tell

1. Stop! Take time to calm down.
2. Do not respond to a cyberbullying message.
3. Block that person from contacting you.
4. Do not erase the messages. They may be needed to take action.
5. Tell a trusted adult about the bullying and keep telling until the adult takes action.
6. If you are threatened with harm, inform the police.
7. You can report cyberbullying to wiredsafety.org
8. Contact NOVA for support.

24-hour hotline 1-800-675-6900

www.novabucks.org

Cyberbullying is a big deal.

It causes pain the real world!
Friends who encourage **cyberbullying**
are **cyberbullies** too!

If you know about the cyberbullying:

Become an UPSTANDER

1. Support the person being cyberbullied.
2. Refuse to pass along messages.
3. Tell anyone who supports the cyberbullying to stop.
4. Block communications with cyberbullies.
5. Report to a trusted adult.

Are you sure you know who is reading your message?



Think before you send!

Promoting Digital Responsibility and Respect

Online or offline, bullying is:

- gossip
- spreading rumors
- excluding someone
- refusing to talk to someone
- name calling
- insults
- social manipulation
- threats
- hitting
- pushing or shoving
- always choosing the same person last for a team/group project
- offensive gestures
- stealing or hiding things
- damaging belongings

You already know it is never safe to give out personal information: your full name, home address, phone number, town, school, or a mall near you.

Most social networks require users to be a minimum age of 13. Setting a page to private is smart, and a step in the right direction...here are some additional guidelines:

- Posting or sending photos? Think before you send. They could be used to hurt you now or later.
- Posting your plans or whereabouts could be dangerous.
- Posting any personal information about your friends is not safe for your friends.
- Forwarding any hurtful messages, videos, or pictures is cyberbullying.
- Posting on a bashing website is cyberbullying.
- Protect your password. Only share your password with your parent/guardian.
- Always check with your parent/guardian before:
 - ⇒ uploading pictures of yourself, your family or your friends
 - ⇒ accepting e-mails, photos, downloads, or website addresses from anyone you meet online
- Meeting an online friend face-to-face is **never** safe unless your parent/guardian approves and goes with you.

Think before you send!

Always remember...If someone says something or sends something that makes you feel unsafe, uncomfortable, or seems strange, do not respond. Tell a trusted adult immediately.

Ask Yourself...



1. How private is the message I am sending? Am I willing to have others read this message or forward it without my permission?
2. Am I sending or saying anything that could be considered insulting or controversial?
3. Do I have permission to forward someone else's messages, photos, or share their personal information?