

# CYBERBULLYING TIPS FOR TEENS

It seems like ages ago when the world existed without computers, cell phones, or gaming systems. Nowadays we can't imagine going anywhere without our phones. We hop on the computer and browse the Internet the second we get home, and we spend hours playing games online with people all across the country. Always remember to be careful; with new technology comes new ways to bully others.

## CYBERBULLYING: WHAT IS IT?

Cyberbullying is using the Internet, cell phones, or other technology to send or post images or texts intended to hurt or embarrass another person. Examples include:

- + Posting a threat or slur against someone on a website
- + Posting an embarrassing video about someone on a site such as YouTube or Facebook
- + Spreading a rumor about someone via text message or online
- + Pretending to be someone else online in order to trick, tease, harass, or spread rumors about another person
- + Threatening someone through a live streaming gaming system such as Xbox or PlayStation

## WHY CYBERBULLYING?

When surveyed, 81 percent of youth say that teens cyberbully because it is no big deal. Other reasons are as follows:

- + They don't think about the consequences.
- + They are encouraged by friends.
- + They think everybody cyberbullies.
- + They think they won't get caught.
- + **Remember:** Cyberbullying is a big deal and, more simply, it's wrong. Don't write it, don't forward it.

**For more information check out [www.ncpc.org](http://www.ncpc.org)**

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## WHAT CAN I DO IF I'M BEING CYBERBULLIED?

- + Tell an adult you trust about what's going on.
- + Don't delete any of the emails, texts, or messages. They can serve as evidence.
- + Keep a record of incidents.
- + Don't forward any mean messages that spread rumors about you or someone else.
- + Don't cyberbully back. Revenge is never the best answer.
- + If possible, report the incident to the administrator of the website. Many websites including Facebook and YouTube have safety centers to report cyberbullying.
- + Recognize that you don't deserve to be treated that way, and you deserve respect.

## HOW CAN I PREVENT IT?

- + **Refuse to participate in cyberbullying!**
- + Talk to a trusted adult if you know someone who is being cyberbullied.
- + Start an anti-bullying program in your school to educate your peers that cyberbullying is hurtful and wrong.
- + Start (or sign) an anti-bullying pledge in your school where students pledge not to bully others and to speak up if they know someone who is being bullied.
- + Raise awareness of the cyberbullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents.

