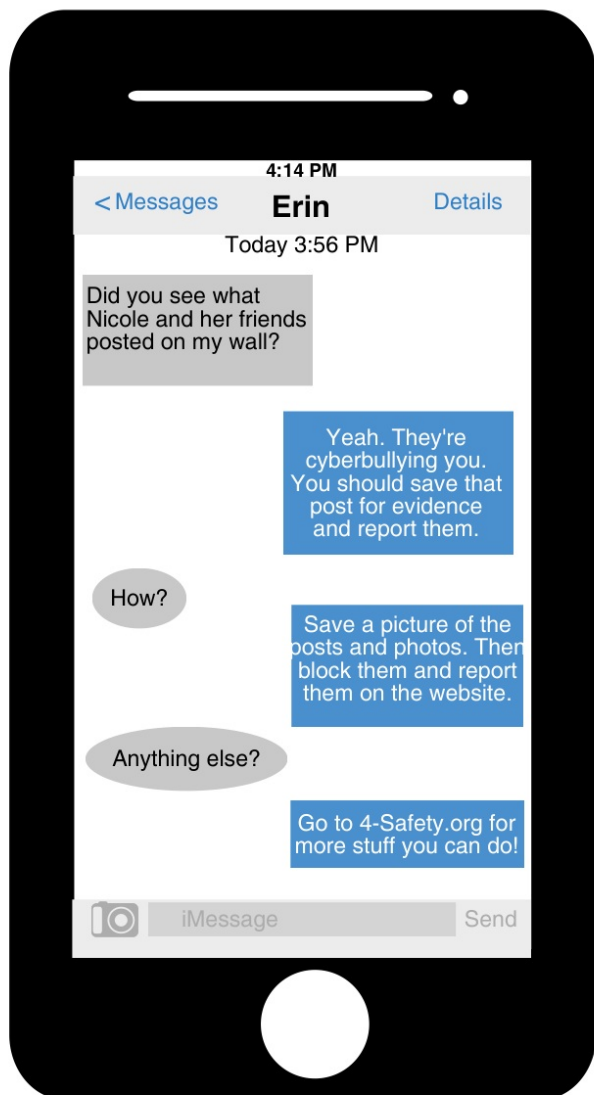


Cyberbullying



What is cyberbullying?

Cyberbullying takes place when a person or people send or post mean messages, pictures, videos, and more through phones, Facebook, Twitter, Instagram and other online or electronic places

Cyberbullying can be anonymous, meaning you may not know who is bullying you. It could also occur when someone creates a profile pretending to be you and posts messages, pictures, or videos.

What should I do if I am being cyberbullied?

-  Don't send any of the messages or posts.
-  Save them somewhere safe where you can find them for evidence later.
-  Tell a trusted adult that you think you are being cyberbullied; this could be a parent, teacher, coach, or friend.
-  Block the bully from your phone and all of your online accounts so they cannot contact you.
-  Report the bully to the online website where the bullying took place. In many cases, they are breaking the rules and could lose permission to use the site.

STOP Cyberbullying

to find out more visit www.4-Safety.org or
 text '4SAFETY' to 22828