

## You need to know about cyberbullying.

### What it is

It's the use of technology (such as computers, cell phones and other electronic devices) to harass or humiliate someone.

Cyberbullying usually happens among young people (teenagers or younger) who know each other. They use social media Web sites (such as Facebook®, "pages"), e-mail, text and voice messaging, and other digital tools to "attack" — at school or at home.

### How it's done

Cyberbullying can take many forms, including:

- posting or forwarding mean comments, threats, rumors or lies
- sending or forwarding photos with unkind comments
- posting as someone to cause trouble for that person
- revealing private information about someone without his or her permission
- creating an online group or Web page to make fun of or to exclude someone.



**Please read:** Talk to a professional! This pamphlet is not a substitute for the advice of a qualified expert.

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2016 Edition

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## It's a serious problem.

### Cyberbullying is bullying—and more.

In some ways, it's worse than face-to-face bullying. Cyberbullying follows a student into his or her home. A text or voice message can come at any time. And online cruelty can have a giant audience. It can stay online forever, too.

### "Targets" of cyberbullying suffer.

Effects on a person who is cyberbullied may be:

- emotional—some targets develop depression or anxiety problems, or even try suicide
- physical—targets may develop headaches, stomachaches and sleeplessness.

### Is your child being cyberbullied?

Watch for signs, such as:

- often wanting to stay home from school
- sadness
- spending a lot more or a lot less time online
- a dip in grades
- withdrawing from contact with classmates.



## Stopping cyberbully

### If your child is be

- Talk with him or her and acceptance. He
- Do not respond to
- Keep evidence—]
- Block the e-mail
- Report the cyberbullying
- Report the cyberbullying to the Internet or to law enforcement (if serious it is).



### If your child is cy

Work with school o

### If your child sees

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