WHAT IS CYBERBULLYING?

RUMORS, EMBARRASSING PICTURES, HARASSING MESSAGES, FAKE PROFILES, AND OTHER AGGRESSIVE BEHAVIOR CREATED THROUGH A VARIETY OF DIGITAL PLATFORMS. EXAMPLES INCLUDE:

WEBSITES

SOCIAL MEDIA

TEXT MESSAGES

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CYBER HOPE

AGAINST CYBERBULLYING

THE CONSEQUENCES OF CYBERBULLYING

ABUSE DRUGS & ALCOHOL

HAVE LOWER SELF-ESTEEM

HAVE MORE HEALTH PROBLEMS

SIGNS OF CYBERBULLYING

CYBERBULLYING IS HARD TO NOTICE. BECAUSE TEACHERS AND PARENTS MAY NOT OVERHEAR OR SEE CYBERBULLYING TAKING PLACE, IT IS HARDER TO RECOGNIZE. SOME WARNING SIGNS TO NOTICE INCLUDE:

OVERLY EMOTIONAL

MORE TEXTING

MORE COMPUTER & TABLET USE

HOW TO PREVENT CYBERBULLYING: WHAT KIDS & TEENS SHOULD KNOW

1/ Never respond to harassing or rude comments.

2/ Respect others online.

3/ Use privacy settings to block unwanted messages.

4/ Think before posting or sending photos, they could be used to hurt you.

5/ Talk to your parents or guardian if you are harassed