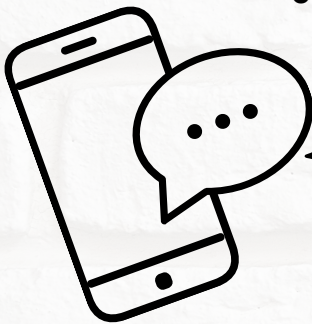# CYBERBULLYING

With increased access to technology, there is more cyberbullying. An average of 24% of teens report being the target of cyberbullying and about 17% of teens admit to cyberbullying others.

Cyberbullying is intentional and repetitive harassment and intimidation through text, on-line posts, social media, email or other electronic forms of communication. On-line bullying allows everyone to join in. Motivations for the perpetrator include wanting to have fun, not liking the victim, having a disagreement with the victim or wanting to demonstrate technological abilities.

TYPES OF CYBERBULLYING

ONLINE HARRASSMENT
Repeatedly sending offensive messages on-line.

FLAMING
Sending messages that are rude or vulgar about a person via instant messages, an on-line group, text or emails.

DEGRADING
Sending or posting untrue information about someone.

CYBERSTALKING
Harassment via the Internet involving threats or intimidation.

OUTING
Posting or sending content about a person that is sensitive or private.

EXCLUSION
Deliberately and cruelly excluding someone from an on-line group.

MASQUERADE
Posing as someone else with the intent to post or share information to make that person look bad.

RESOURCES

Words Wound, Delete Cyberbullying and Make Kindness Go Viral (2014), Justin W. Patching and Sameer Hinduja, Free Spirit Publishing.
www.stopbullying.gov; www.cyberbullyinghelp.com; ww.safekids.com; www.pacer.org/bullying; www.cyberbullying.org

WHAT TO DO IF YOU OR YOUR CHILD IS BEING CYBERBULLIED

1 Keep a journal that details when it is happening, who is involved, what the person did or said, when it happened, where it happened (text, IM, website), if you told anyone, how you responded and how it affected you.

2 Save the evidence by taking a screenshot.

3 Never retaliate. If you respond with a mean or hurtful comment, it could look like a disagreement or fight versus bullying.

4 Talk about it. Find a person you trust to discuss what is happening and help you come up with a solution.

5 Speak up. Tell the person to stop, let them know the negative impact of their words.

6 Block the bullying. You can block a person from calling or texting you. You also can block people on websites and social media platforms.

7 Report it. Most social media and gaming websites allow and encourage users to report hurtful comments, inappropriate pictures and other problems.

8 Call the police when the cyberbullying breaks the law. Some actions to report include stalking, coercion, hate speech, harassment and invasion.

9 Disengage.

⏸ PAUSE BEFORE YOU POST

Think first before you post something. Do not respond to anything on-line when you are angry or upset as this rarely has a positive outcome. Treat others as you wish to be treated on-line. Don't let differences divide you and your peers. Watch your words. Because you think you are sending something in a joking manner does not mean it will be perceived this way.