

# Cyberbullying

What is cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It includes:

- Posting mean, hurtful or embarrassing comments or rumors about someone online
- Threatening to hurt someone or telling them to kill themselves
- Posting a mean or hurtful picture or video
- Pretending to be someone else online in order to get or post personal or false information about someone else
- Posting mean or hateful things online about any race, religion or ethnicity
- Creating a mean or hurtful webpage about someone

How can I stop cyberbullying?

Some teens have learned to stop cyberbullying and keep it from happening. Here's what you can do:

- Do not re-send cyberbullying messages.
- Block contact with cyberbullies.
- Tell your friends to stop cyberbullying.
- Report cyberbullying to a trusted adult.
- Work with other students, teachers and school leaders to create rules against cyberbullying.
- Help your community learn more by holding an assembly or other event.
- Make a contract to be safe online with your parents or caregivers. Come up with the rules together.