

12 RULES TO CYBERBULLYING

Rule #1: Never post anything online that you don't want the whole world to see and have access

Rule #2: Assume that the message you send can be read by anyone and everyone.

Rule #3: If you're ever bullied online, talk to an adult. Speak up against bullying when you see it.



Rule #4: Keep your webpage private and don't share your password.

Rule #5: Don't give out your ASL (*age, sex, location*) or any other personal

Rule #7: Print out any threats you receive or see online and show them to an adult.

Rule #8: Always solve problems face-to-face with the person your having problems with.

Rule #9: If someone says something to make you uncomfortable, sign off. Block them. File a complaint with the site.

Rule #10: Never meet anyone in the real world that you first met online without having a safety plan approved by your parents.

Rule #11: Avoid chat rooms and never go private with someone you met in a chat room.

Rule #12: Keep your webcam unplugged when you're not using it. Never use a webcam with someone you don't know.



CYBERBULLYING
UNPLUGGED

Status

Photo

Ask Question

Milestone

Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging and social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. It is everyone's job to prevent bullying and encourage them to take a stand.

BEFORE YOU PRESS
SEND
THINK

Public

Post

Spot it!

A child who is being cyberbullied may:

- Avoid using the internet
- Seem stressed
- Withdraw from family and friends
- Resist attending school and social events
- Show signs of low self-esteem like depression, anxiety or fear
- Have declining grades
- Stop eating or sleeping
- In serious cases, consider suicide



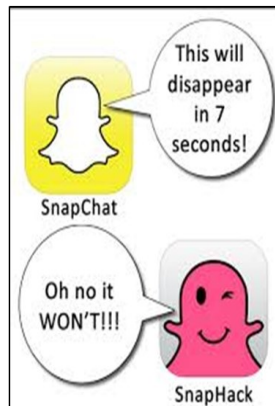
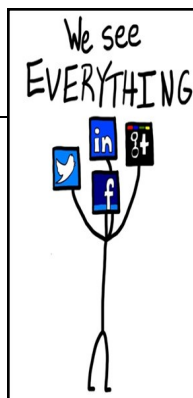
Deal with it!

If your child is being cyberbullied, teach them to:

- Not respond
- Save the evidence
- Report it to the website or app

YOU should:

- Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- Talk about the situation with the bully's parent or guardian



Stand up to it!

If your child sees someone being cyberbullied, tell them to:

- Not forward embarrassing photos or messages
- Not comment on insulting or harassing posts
- Report it to the website or app
- Tell a teacher at school if it involves a classmate
- Support the target by being a good friend and showing the cyberbullies they won't join in

