

# CYBERBULLYING:

## What Kids Need to Know

Cyberbullying is using technology, such as email, texts, social media, online gaming, or pictures, to hurt or harm someone else with unwanted, aggressive, and repeated behavior.

Cyberbullying can happen anywhere and anytime technology is used, such as:

- Sending mean text messages
- Posting unkind comments online, or liking or sharing hurtful posts
- Sharing pictures that are not yours to share
- Spreading rumors or gossip online
- Pretending to be someone else online or by text. This might mean sending messages or making posts using someone else's name, to hide who's really doing the messaging.

### BE SAFE, BE RESPECTFUL

Remember, there are real people reading your posts or messages. Talk with your parent or another trusted adult about:

- Rules and guidelines for technology use
- How to handle any cyberbullying that you see or experience
- How positive messages can help others feel good about themselves and negative messages can cause hurt

### TELLING IS NOT TATTLING

Kids often don't want to tell an adult about bullying because they don't want to be a tattletale. Telling is NOT tattling! Telling is done to get help to protect yourself or someone else. Tattling is done to get someone in trouble.



### IF YOU ARE CYBERBULLIED

- Know that you do not deserve what is happening
- Tell a grownup: a parent, a teacher, or trusted adult, and ask them to help you make a plan to handle it

### IF YOU SEE CYBERBULLYING

- Tell the person who is being bullied that they don't deserve to be treated that way
- Help them tell a grownup, or report it to an adult yourself
- If you can, take a screenshot or photo to share with the grownup