

## Cyber Bullying Tips

**What is Cyber Bullying?** " Cyber bullying when someone uses information and communication technologies to engage in deliberate, repeated, and or hostile behavior by an individual or group, with the intention to harm others.

### **What do I do if I am being cyber bullied?**

**Do Not Respond:** If someone bullies you, your reaction is what he/she wants. It gives him or her power over you. Who wants to empower a bully?

**Do not retaliate.** Getting back at the bully turns you into one and reinforces the bully's behavior. Help avoid a whole term of raid.

**Save the evidence.** The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You must do this even if it is minor stuff, in case things escalate.

**Talk to a trusted adult.** You deserve backup. It is best to include a parent but – if you cannot – a adult usually knows how to help. Sometimes both are needed. It is important to tell an adult sooner rather than later.

**IGNORE.** If the harassment is coming in the form of instant messages, texts, or profile comments, ignore it and block the person. If it's in chat, leave the "room."

**Be civil.** Even if you do not like someone, it is a good idea to be decent and not sink to the other person's level. In addition, research shows that gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.

**Don't be a bully.** How would you feel if someone harassed you? Even a *few seconds* of thinking about how another person might feel can put a big damper on aggression.

**Be a friend, not a bystander.** Watching or forwarding mean messages empowers bullies and hurts victims even more. If you can, tell bullies to stop or let them know harassment makes people look stupid and mean. You must let bullies know their behavior is intolerable – cruel abuse of fellow human beings. If you can't stop the bully, at least try to help the victim and report the behavior.