

## **Cyberbullying: What to do if it Happens to You!**

- **Cyberbullies use the Internet or cell phone to send hurtful, and sometimes threatening, messages or post information to damage people's reputation and friendships.**
- There are several avenues for action depending upon who the Cyberbully is and what he/she has done. Cyberbullies can be stopped, and sometimes even prosecuted, for criminal or civil offenses. Students can be charged with Cyberbullying and harassment even if they claim "they didn't know what they were doing", or they were "just kidding". Federal, state and local laws, along with the Student Code of Conduct, protect each student and their personal property from prejudice, vandalism, sexual harassment, harassment based on issues of race, gender, religion, or disability, assault and/or threats of assault and other criminal actions. Here's a few tips in responding to Cyberbullying.
- **Don't Put Yourself at Risk**
- Don't post or send information others can use against you
- Pay attention to how you are communicating. Be careful not insult others, or say something you wouldn't say in person
- Don't hang around online places where people treat you badly
- Don't spread cyberbullying information that you receive from others
- **If you are Cyberbullied**
- Act Immediately! The longer you wait, the harder it is to successfully identify the other person.
- Don't retaliate! Drop the mouse and take a break in order to think about options.
- Don't respond until you've talked with an adult.
- Save all messages!
- Calmly and strongly (without threats!) request for the cyberbullying to stop sending you any messages and remove all harmful material from the web. Make a copy of the request to give to the school and Police.
- Have your parents contact his/her parents to alert them of the situation.
- Do not engage in any further communication with that person.
- Bring a copy of the message to the Assistant Principal and Police.
- File a report with the phone company, or Internet Service Provider
- Call 911 if you area in danger
- **Friends Don't Let Friends Get Hurt Online**
- If you see a friend being cyberbullied by another friend ask for the cyberbullying to stop, help the person being cyberbullied, and/or report it you believe there's potential danger.

***Don't be a Cyberbully  
It's not "cool" to be cruel***

**Source: Nancy Willard**