

Cyber-Bullying: Suggestions for Students

► What to do if you are Cyber-bullied

- Tell a trusted adult
- Don't open messages from people you don't know
- Don't open or read messages from cyber-bullies
- Don't react to the bully
- If it is at school, tell a trusted adult at school
- Don't erase the message or images
- Block the bully
- Report cyber-bullying to ISP's
- If you are threatened, inform the police

► How to Prevent being Cyber-bullied

- Don't give out private information such as passwords or PINs
- Practice restraint
- Apply problem-solving skills
- When something doesn't seem just right, leave the site or app


Think First!


- If you wouldn't say it to their face, then don't email or text it!
It hurts just the same...

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 (877) 805-4277

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Cyber-Bullying: Suggestions for Students

- ▶ **How to Prevent being a Cyber-bully**
 - ▶ Don't email when you are angry
 - ▶ Don't email with friends and target someone for entertainment
 - ▶ Don't forward an email that someone sent as a private message
 - ▶ Don't post "questionable" pictures of others on your social network sites

Surf Smart

- ▶ Explore the internet with skill and direction!

Share Less

- ▶ Keep your personal information private!

Think First

- ▶ Interact online appropriately!

Contact the police immediately if known or suspected cyber-bullying involves acts such as:

- ▶ Threats of violence
- ▶ Harassing phone calls or text messages
- ▶ Stalking or hate crimes

Fact

- ▶ Cyber-bullying is a serious issue and the Internet's "Virtual Society" is not going away. We have to learn to live in it as responsible global cyber-citizens.


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