

CYBERBULLYING TIPS FOR TEENS

It seems like ages ago when the world existed without computers, cell phones, or gaming systems. Nowadays we can't imagine going anywhere without our phones. We hop on the computer and browse the Internet the second we get home, and we spend hours playing games online with people all across the country. Always remember to be careful; with new technology comes new ways to bully others.

CYBERBULLYING: WHAT IS IT?

Cyberbullying is using the Internet, cell phones, or other technology to send or post images or texts intended to hurt or embarrass another person. Examples include:

- ✦ Posting a threat or slur against someone on a website
- ✦ Posting an embarrassing video about someone on a site such as YouTube or Facebook
- ✦ Spreading a rumor about someone via text message or online
- ✦ Pretending to be someone else online in order to trick, tease, harass, or spread rumors about another person
- ✦ Threatening someone through a live streaming gaming system such as Xbox or PlayStation

WHY CYBERBULLYING?

When surveyed, 81 percent of youth say that teens cyberbully because it is no big deal.

Other reasons are as follows:

- ✦ They don't think about the consequences.
- ✦ They are encouraged by friends.
- ✦ They think everybody cyberbullies.
- ✦ They think they won't get caught.
- ✦ **Remember:** Cyberbullying is a big deal and, more simply, it's wrong. Don't write it, don't forward it.

For more information check out www.ncpc.org

National Crime Prevention Council

2001 Jefferson Davis Hwy Suite 901 Arlington, VA 22202 202-466-6272 www.ncpc.org

This product was produced by the National Crime Prevention Council and the Office for Victims of Crime and was supported by grant number 2009-VF-GX-K003, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions, or recommendations expressed in this product are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

WHAT CAN I DO IF I'M BEING CYBERBULLIED?

- ✦ Tell an adult you trust about what's going on.
- ✦ Don't delete any of the emails, texts, or messages. They can serve as evidence.
- ✦ Keep a record of incidents.
- ✦ Don't forward any mean messages that spread rumors about you or someone else.
- ✦ Don't cyberbully back. Revenge is never the best answer.
- ✦ If possible, report the incident to the administrator of the website. Many websites including Facebook and YouTube have safety centers to report cyberbullying.
- ✦ Recognize that you don't deserve to be treated that way, and you deserve respect.

HOW CAN I PREVENT IT?

- ✦ **Refuse to participate in cyberbullying!**
- ✦ Talk to a trusted adult if you know someone who is being cyberbullied.
- ✦ Start an anti-bullying program in your school to educate your peers that cyberbullying is hurtful and wrong.
- ✦ Start (or sign) an anti-bullying pledge in your school where students pledge not to bully others and to speak up if they know someone who is being bullied.
- ✦ Raise awareness of the cyberbullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents.





Questions Parents Should Ask Their Children About Technology & Social Media

- What are your favorite websites? What do you do on these sites?
- Do you send or receive pictures through text? If so, from whom?
- Are kids in school taking a lot of pictures with cell phone cameras? What do they do with them?
- Do you use Snapchat? How does it work? Do you think the pictures are really completely gone?
- Have you ever had anyone do or say anything inappropriate in a text or on a social media site/app?
- Have you ever received any graphic or offensive texts or pictures?
- Do you know the consequences of sending such things?
- What social networking sites do you use most frequently?
- Do you have privacy settings set up?
- Are you “friends” with or do you communicate with anyone online that you don’t know in person?
- What type of personal information do you post? Name? Age? Phone number?
- Are you “location services” turned on? Do you know how to change them?
- Do you use Twitter? What for? Who do you follow? Who follows you?
- Do you use/know about Ask.fm? Pinger? Kik? Tumblr? What are they used for?
- Have you ever been “tagged” in a photo or post in a way that made you upset? Do you know how to “untag” yourself?
- Do you or your friends use social media to vent frustrations? Is that appropriate?
- Are you watching videos on YouTube? What kind of videos? Do you ever post videos?
- Does anyone else know your passwords for any site or social media app? What about your laptop or cell phone?