



be responsible

be respectful



Cyberbullying is digital cruelty:

- Personal insults
- Harassing posts
- Rude language
- Harsh criticisms
- Spreading rumors or gossip
- Excluding someone
- Social manipulation
- Threats
- Offensive photos, videos, drawings
- Humiliating websites

If you are cyberbullied:

Stop • Block • Tell

1. Stop! Take time to calm down.
2. Do not respond to a cyberbullying message.
3. Block that person from contacting you.
4. Do not erase the messages. They may be needed to take action.
5. Tell a trusted adult about the bullying and keep telling until the adult takes action.

6. If you are threatened with harm, inform the police.
7. You can report cyberbullying to wiredsafety.org
8. Contact NOVA for support.

24-hour victim support hotline 1-800-675-6900

Visit our website:

novabucks.org

If you are a bystander to the cyberbullying:



online, text messages, or multiplayer game sites -

Be an **U P S T A N D E R**

- Support the person being cyberbullied.
- Refuse to pass along messages.
- Tell anyone who supports the cyberbullying to stop.
- Block communications with cyberbullies.

nova

Network of Victim Assistance

24-Hour Support Hotline

1-800-675-6900

www.novabucks.org



You already know it is never safe to give out personal information: your full name, home address, phone number, town, school, or a mall near you.

Most social networks require users to be a minimum age of 13. Setting a page to private is smart, and a step in the right direction...here are some additional guidelines:

- Posting or sending photos? Think before you send. They could be used to hurt you now or later.
- Posting your plans or whereabouts could be dangerous.
- Posting any personal information about your friends is not safe for your friends.
- Forwarding any hurtful messages, videos, or pictures is cyberbullying.
- Posting on a bashing website is cyberbullying.
- Protect your password. Only share your password with your parent/guardian.
- Always check with your parent/guardian before:
 - * uploading pictures of yourself, your family or your friends
 - * accepting e-mails, photos, downloads, or website addresses from anyone you meet online
- Meeting an online friend face-to-face is **never** safe unless your parent/guardian approves and goes with you.

Always remember... If someone says something or sends something that makes you feel unsafe, uncomfortable, or seems strange, do not respond and tell a trusted adult.



1. How private is the message I am sending?
2. Am I willing to have others read this message or forward it without my permission?
3. Am I sending or saying anything that could be considered insulting or controversial?