

- Never respond to harassing or rude comments.
  - Save or print the evidence.
  - Talk to your parents or guardian.
  - Report the problem to your school or local law enforcement if you feel threatened.
  - Respect others online.
  - Only share your password with your parent or guardian.
  - Change your passwords often.
  - Password protect your cell phone.
  - Use privacy settings to block unwanted messages.
  - Think before posting or sending photos; they could be used to hurt you.
  - Contact the site administrator if someone creates a social networking page in your name.
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- Keep personal information private.
  - Only add friends you know personally to your blog or page.
  - Use nicknames that don't identify your location, gender, or age.
  - Never meet with anyone in person that you first met online.
  - Alter pictures before you post them to remove identifying information.
  - Profile and photo share only with people on your friends list.
  - Don't post your plans or whereabouts.



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**National Association of  
Students Against Violence Everywhere**  
322 Chapanoke Road, Suite 110  
Raleigh, NC  
Toll Free: 866-343-SAVE (7283)  
FAX: 919-661-7777  
[www.nationalsave.org](http://www.nationalsave.org)



Cyberbullying is the willful and repeated use of electronic means by a child, pre-teen, or teen to torment, threaten, harass, humiliate, embarrass, or otherwise target another child, pre-teen, or teen ([www.stpeterprince.org](http://www.stpeterprince.org) and [www.stopcyberbullying.org](http://www.stopcyberbullying.org)). Cyberbullying is an increasing problem in the United States and young people need to be aware of why people cyberbully, how it can be prevented, what to do if they happen to be cyberbullied, and how to stay safe when on the internet.



Cyberbullies are often motivated by anger, revenge or frustration. Sometimes they cyberbully for entertainment or because they are bored and have too much time on their hands. Many do it for laughs or to get a reaction. Some do it by accident, and either send a message to the wrong recipient or just didn't stop and think before they sent their negative message.

**There are many ways you can prevent cyberbullying:**

- **Tell friends to stop cyberbullying.**
- **Report cyberbullying to a trusted adult.**
- **Refuse to pass along cyberbullying messages.**
- **Speak with other students, as well as teachers and school administrators, about developing rules against cyberbullying.**
- **Raise awareness of the cyberbullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents.**
- **Share anti-cyberbullying messages with friends.**



- Cyberbullying includes harassment through all types of media, including the internet, a cell phone, gaming systems, and any other digital communication device.
- Consequences of cyberbullying can be extremely dangerous. ([www.stopcyberbullying.com](http://www.stopcyberbullying.com))
- Victims of cyberbullying report that when they told someone about what was happening, IT GOT BETTER! (Hinduja & Patchin, 2005)

If you are worried about yourself or a friend who is being bullied, talk to a trusted adult as soon as possible.

For more information:

**National Association of Students Against Violence Everywhere**  
[www.nationalsave.org](http://www.nationalsave.org)

**The Cyber Tipline:**  
**1-800-THE-LOST**

**Internet Crimes Against Children (ICAC) Task Force**  
[www.icactraining.org](http://www.icactraining.org)

**Net Smartz**  
[www.netsmartz.org](http://www.netsmartz.org) or  
[www.nsteens.org](http://www.nsteens.org)

**STOP Cyberbullying**  
[www.stopcyberbullying.org](http://www.stopcyberbullying.org)