What is Cyberbullying

Cyberbullying is when a person uses technology to bully others. Online bullies use e-mail, instant messaging, texting or social networking sites to bully others. This is one of the hardest kinds of bullying to spot since the bully and person being bullied do not need to be near each other.

Sometimes online bullies use technology to get back at someone who has bullied them. Sometimes people think it is funny. Some people even like the feeling of power they get when they bully others online. No Matter why someone bullies, it is always wrong!

When a person is bullied online it is best to ignore the bully. Even though it might be tempting to send a bully a mean message right back this is not a good idea. A bully can use your response to get you in trouble or bully you more.

Even if you are not the person being bullied you should ignore e-mails , texts, and instant messages that target another person. DO NOT FORWARD THEM TO OTHER FRIENDS. This encourages the bully and makes things worse for the person being bullied.

If you are being cyberbullied, keep the e-mails and save screen shots so that you will have evidence of the bullying to show to a parent, teacher or other adult you trust.

Always talk to a trusted adult and let them know if you feel you or someone else is being bullied. Trusted adults are here to help you.