CYBERBULLYING

CYBERBULLYING STATISTICS

- 43% of kids have been cyberbullied
  - 1 in 4 kids has had it happen more than once

- 70% of kids report seeing bullying online

- 80% of kids use a cell phone regularly making it the most common medium for cyberbullying

- 81% of kids think bullying online is easier to get away with than bullying in person

dosomething.org

BULLYING

What Is Bullying?

- It's on purpose
- It happens over and over again
- It's an abuse of power

How can kids have power via social media and technology?

CYBERBULLYING

Cyberbullying (**electronic bullying or online social cruelty**) is the use of information or electronic communication to bully others.   Methods include bullying that takes place:

- Through instant messaging
- On an app on your smartphone
- On a website or gaming site
- Through digital messages or images sent to a cellular phone

Cyberbullying presents new challenges: **Aggressors find it easier to hide their identity** and **may have greater accessibility to their target due to the 24/7 nature of digital/online communications.**

cyberbullyhelp.com

A rumor or embarrassing photo of another person, if shared online, has the power to impact the subject's social life, emotional and mental well-being, and school performance.

Sarah posts a group photo on Facebook with her friends at their school's track meet. Other students can been seen running in the background, including Alex, who is making a weird, unflattering face. Alex feels bad and embarrassed.

YOU SHOULD KNOW

- Lying, spreading rumors, telling secrets, and posting hurtful words and images hurts as much online as offline
- Hurtful messages can make both the target and the sender look bad
- What you do online has consequences offline
- On the receiving end of your online messages or postings are real kids with real feelings

THE
SPORTS MUSEUM

Delete it.

Don't make excuses.

"It was just a joke."
"Nobody else is saying anything about it."
"It wouldn't bother me."

Make it right.

Reach out, either in person or online.

Know it isn't your fault.

Remember, you are not alone.

Don't realitate.

Block the aggressor from your profiles.

Report it.

Tell an adult (parent, guardian, teacher, or guidance counselor).

Save the evidence.

Report it on the website, app, or platform.

IF YOU SEE IT

Don't engage.

Don't share or forward the post.
Do not tag others or like it.
Do not start fighting in the comments.

Tell someone.

Let an adult (teacher, parent, etc.) know what is going on.

Do give support.

Let your friend know you do not agree.

Post positive messages.

😊

For more information on cyberbullying, visit www.bostonvsbullies.org

Jessica took Sarah's photo from the track meet and reposted it on Instagram, but cropped it so it's only focused on Alex. A few classmates like the photo, Sarah is upset and posts a comment telling Jessica to knock it off, while Alex is humiliated.
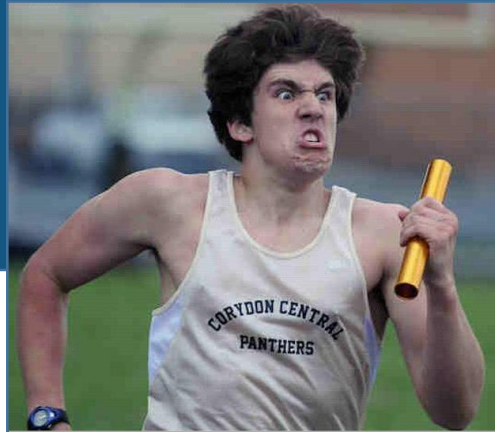
- Respecting your friends' privacy and feelings before you post.
  - How would you feel if the same thing were posted about you?
- Respecting others' work and property when posting something you don't own.
  - Videos, music, and images are property of the original creators – remember appropriating someone else's work is plagiarism.
- **Don't forget the human behind the screen.**
  - Don't say anything online you wouldn't say to someone's face.

Remember, everyone has feelings and different sensitivity levels. If you know something you post is going to offend someone, don't post it.
Think before you post!
🤔

PRIVACY

- It is polite to ask permission first when posting photos of other individuals.
- Even if you know and trust a friend, you don't know and trust *all* of that person's friends and followers.
- Check your settings – is it really private?
- Everything is searchable - if someone Googled you, would you like what they see?

INTERNET DANGERS

- Giving out your personal information (purposely or not purposely)
- Hacking
- Predators/stranger danger
- How YOU are projecting yourself online. What's your image?
- Addictive quality
- Inappropriate material

Once something is online, it is likely it's out there forever.

There is no delete button or eraser for the Internet.