



CYBERBULLYING



Cyberbullying is causing harm to a peer online, especially someone with less power. It's often on purpose and repeated.



SIGNS TO WATCH FOR

MEAN OR THREATENING MESSAGES keep happening.

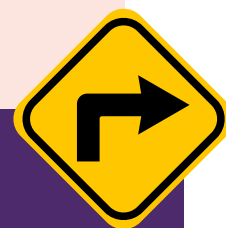
RUMORS OR EMBARRASSING POSTS are shared online.

SOMEONE PRETENDS to be another person online.

YOU FEEL SCARED, pressured, or unsafe after reading messages or posts.

A PERSON WON'T STOP contacting or targeting someone online.

SOMETHING FEELS OFF. Trust your gut and tell a trusted adult.



WHAT YOU CAN DO...

Keep personal info private: Limiting what you share (like your location, school, or phone number) reduces the risk of being targeted.

Use privacy settings: Adjust settings on apps so only people you trust can contact you or view your content.

Think before you respond: Pausing helps you avoid escalating the situation or sharing something you might regret.

Build a support circle: Staying connected with trusted friends and adults makes it easier to get help early.





IF IT'S ALREADY HAPPENING

Don't respond or engage.

Bullies often want a reaction and ignoring them can reduce their motivation.

Block and report

the account on the platform.

Tell a trusted adult,

like a parent, caregiver, teacher, school counselor, or coach.

If there are threats or ongoing harassment, report it to your school or local authorities.



REMEMBER

You deserve to feel safe online and offline. Speaking up and getting help is a strong and smart choice.



StopBullying.gov

Crisis Text Line Text HOME or HOLA to 741741

1. The 988 Suicide & Crisis Lifeline — call or text 988 for Immediate emotional support for anyone in crisis or feeling overwhelmed (free, confidential, 24/7). <https://988lifeline.org>



Online Harms
Prevention Work Group
fairplayforkids.org

