

CYBERBULLYING

WHAT IS IT?

With new technology comes new means for youth to bully each other. Whereas bullying used to be confined primarily to the school yard, youth are now using cell phones, computers, and gaming systems to cyberbully.

Cyberbullying is using the Internet, cell phones, video game systems, or other technology to send or post text or images intended to hurt or embarrass another person. Some examples of cyberbullying include

- + Sending mean or threatening e-mails, messages, or texts
- + Tricking someone into revealing personal or embarrassing information and sending it to others
- + Sending or forwarding private messages to others
- + Sharing explicit pictures with others without consent
- + Starting rumors via text message or online
- + Creating fake online profiles on websites such as Facebook, Myspace, Twitter, etc. to make fun of people

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Both bullying and cyberbullying can be extremely hurtful and damaging to a person. However cyberbullying, to some victims, can be more damaging than physical bullying.

- + It can happen in the comfort of their home and take away their feelings of safety.
- + It can be an extension of physical bullying leaving them feeling there is no way out.
- + It can be anonymous. They may have no idea who is responsible for bullying them.
- + It can feel harsher. People tend to be crueler online than they are face to face.
- + Messages can be forwarded or posted to websites for everyone on the Internet to see.
- + It can be far reaching. Things posted online are visible to the world 24 hours a day seven days a week.

DID YOU KNOW...

That 43 percent of teens have been victims of cyberbullying in the last year? Cyberbullying is a bigger issue than you may think.*

- + Eighteen percent of males and sixteen percent of females report bullying others online.
- + Three out of four teens know who is cyberbullying them.
- + Nearly thirty percent of teens desire to seek revenge on those who have cyberbullied them.
- + Fifty-eight percent of teens do not think cyberbullying is a big deal. It is.
- + Eighty-one percent of youth believe people cyberbullying because they think it's funny.

**Stats from NCPC Teens and Cyberbullying research 2007*

For more information check out www.ncpc.org

National Crime Prevention Council

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What To Do if You're Being Cyberbullied

- + Don't repeat or forward any messages.
- + Don't seek revenge and cyberbully back.
- + Talk to a trusted adult or contact a local victim service provider.
- + If possible, report the person to the website administrators.
- + Keep a record of incidents in case the situation escalates and law enforcement needs to intervene.

Warning Signs

Cyberbullying can have damaging and lasting effects on youth socially, emotionally, and physically:

- + Deteriorating performance at school
- + Depression
- + Withdrawal
- + Anxiety
- + Moody
- + Loss of interest in activities once enjoyed
- + Withdrawal
- + Aggressive behavior



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