

## What is cyberbullying?

Cyberbullying involves a person using the internet, cell phones, and/or other forms of electronic communication to willfully and repeatedly torment, humiliate, threaten, harass, or embarrass another person. It may include repeated, unwanted text messages, derogatory Facebook or Twitter comments, or other disrespectful communication.

## Who does cyberbullying affect?

Cyberbullying can affect any age group, but teenagers and young adults are the most common victims. Cyberbullying is a growing problem that occurs in many schools.

## Where does cyberbullying occur?

- Email
- Chat rooms
- Discussion forums
- Web pages
- Message boards
- Instant messaging
- Social networking websites
- Text messaging
- Twitter
- Facebook

## Why is cyberbullying such a growing problem?

As technology continues to enhance and grow, so does the chance of being a victim of cyberbullying. The internet, cell phones, and other electronic devices make it much easier for the cyberbully to be cruel because there is no personal contact.

## How do I know if someone is a victim of cyberbullying?

- Unexpectedly stops using the internet, phone, or other electronic device
- Hesitant or nervous about checking email, instant/text messages, or social networking site
- Nervous about going to school or other places normally visited on a daily basis
- Appears angry or depressed after using the internet or checking texts
- Becomes withdrawn from friends and family

## What do I do if I become a victim of cyberbullying?

- Stop all communication with the bully
- Block all communication with the bully
- Save all offensive material for evidence
- Contact your internet service provider
- Contact local law enforcement if behavior continues