

Cyberbullies

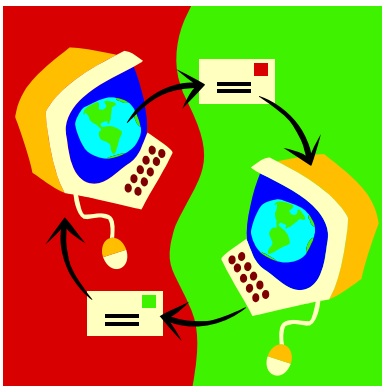
In many ways, a cyberbully is like a bully you might know at school. The differences are:

- You may not know “who” the cyberbully is; he or she may not sign his or her name to messages or a number may be “unknown.”
- A cyberbully connects with you by email, a personal web site (MySpace) or cell phone. Instead of face-to-face, a cyberbully hides behind technology and often writes things he or she would never say to your face.
- A cyberbully may contact you at all hours. You may receive messages late at night, through the night, or early in the morning.



Like regular bullying, you may be frightened, feel alone or not know what to do. You may never cross paths with a cyberbully and we hope you don't but if you do, there are steps you can take to feel comfortable again.

- 1) If you happen to be in a chat room or a personal web site, sign off and leave without writing back.
- 2) [It is very important to tell a trusted adult, like your parent.](#) Your parent can block the sender from sending you messages and will help you end the bullying.
- 3) Save rude, hurtful or mean messages for your parent to review. You may get rid of them with your parent's permission.
- 4) If you receive an email from an unknown person, delete the message without opening it.
- 5) If you receive a text message from an unknown person, do not respond.



Remember: The cyberbully wants something from you. He or she may want to hurt you or make you mad. A cyberbully may want to frighten or embarrass you. It's upsetting to be cyberbullied but if you stay upset or afraid, the cyberbully wins.

Resources: KidsHealth. "Internet Safety." http://kidshealth.org/teen/safety/safebasics/internet_safety.html (accessed October, 2008).

