

PROTECT YOURSELF FROM CYBERBULLYING



Bullying does not always happen in person.

Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- **Always think about what you post.** You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- **Keep your password a secret from other kids.** Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- **Think about who sees what you post online.** Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- **Keep your parents in the loop.** Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- **Talk to an adult you trust** about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

**Information from Stopbullying.gov*