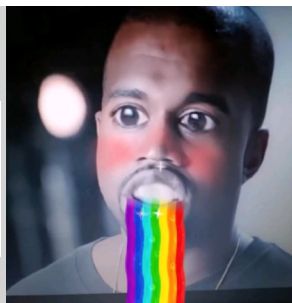
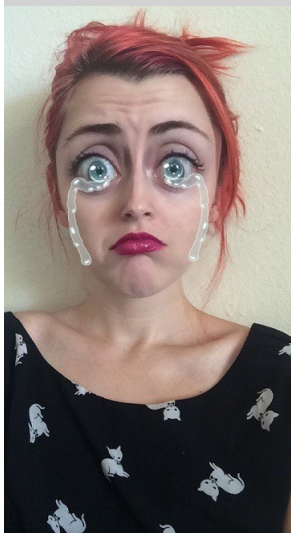


# CYBERBULLYING

Most "...of what's going on for kids online is cool, energizing and creative and opens them up to new ideas, worlds and all kinds of things." \*



## FACTS

Over **50%** of teens have been harassed online  
*You're not alone*  
 The majority of cyberbullying attacks go unreported  
*Ask friends if it is happening to them*  
**70%** of teens use social media to just have fun and catch up with friends  
*It's not all bad out there*

\*Source: Kris Verjans and Joel Meyers, co-directors of the Center for School Safety, School Climate and Classroom Management



**STAY POSITIVE!  
 DON'T LET OTHERS TELL YOU WHO YOU ARE!**

### Who are you online?

Are you appropriate?  
 Could what you're posting attract the wrong kind of people?  
 Are you ok with anyone seeing what you're doing?

It's YOUR choice...

Be an Upstander!

**upstander** (uhp'stān'dər), n. a person who takes action, particularly when the easiest or most acceptable course is to do nothing.



**EVERYONE DESERVES RESPECT!  
 NO ONE DESERVES TO BE CYBERBULLIED!  
 TALK TO A TRUSTED ADULT IF THIS IS HAPPENING TO YOU!**

## What are you sharing online?

- Posts?
- Videos?
- Texts?
- Pics?
- Comments?
- Likes?

## TIPS FROM TEENS

"I learned that no matter what was said about me, and no matter how much the words hurt, I needed to remind myself that the words held no truth."

"It's better to ignore the individual(s) who are sending harassing texts...messages and...posts, rather than trying to explain or defend yourself."

"It was eventually necessary to delete my entire...account, which was unfortunate at the time. If you asked me today, I would say this is one of the best decisions I made."

"I became quickly aware that I couldn't fight my cyberbullies alone, and that I needed to get help from those I trusted."

"I learned who my real friends were overnight, and I learned not to trust those who were only out to spread more gossip and drama."

[www.nobullchallenge.org](http://www.nobullchallenge.org)