

Stand up for the target – SHOW SUPPORT!

Everyone Deserves Respect

No One Deserves to be Cyberbullied!



- Keep critical comments to yourself
- Don't forward rumors or embarrassing photos
- Don't comment on insulting or harassing posts
- Treat others with RESPECT

ONLINE WORDS HURT PEOPLE AND IT STAYS THERE FOR EVERYONE TO SEE



ARE YOU A GOOD DIGITAL CITIZEN?

Digital Citizen: *noun*

1. A person who develops the skills and knowledge to effectively use the Internet and other digital technology, especially in order to participate responsibly in social and civic activities.



Unfollow, block, and report other users. Be an Upstander!

I will speak up and help those in need!

I will use social media only for good and keep destructive remarks and gossip to myself!

I will treat a target of bullying with respect and kindness!

TOP 10 REASONS WHY PEOPLE BULLY

1. They're physically or mentally challenged
2. They're gay or perceived to be gay
3. They haven't hit their growth spurt yet
4. They're smarter than most of their classmates
5. They lack self-confidence
6. They follow the rules
7. They "look" differently
8. They don't defend or speak up for themselves
9. Others are jealous of them
10. Others are seeking revenge

It's YOUR choice.

Ask yourself...

Am I treating others with respect? Am I using the internet with good intentions?

Am I respecting the privacy and reputation of others?