

## **Tips to Help If You Are Bullied Online**

Cyberbullying involves the use of information and technology such as social media websites (I.E. Facebook®, Myspace®, Topix®), e-mail, instant messaging, text messaging the publishing of false web sites, and online personal polling web sites that are used to support conscious, willful, deliberate, repeated, and hostile behavior by one or more people with the intent to harm others.

Protect yourself against cyberbullying.

- Do not respond to rude and harassing e-mails, messages, and postings. Print a record of the evidence. Tell your parents or a trusted adult.
- If you receive repeated harassing e-mails, delete the current account and open a new one. This new e-mail address should only be provided to people you trust.
- If you are receiving harassing messages through instant messaging, ask your parents to contact your service provider and learn to use the “block” feature. This will enable you to block individuals from being able to contact you through the mobile device.
- If a cyberbully has created a web site that is defaming or mocking you, tell your parents to contact your ISP and inform law enforcement to try to get that web site removed.

Centers For Disease Control Violence Prevention, <http://www.cdc.gov/violenceprevention>