

What is cyberbullying?

ELEMENTARY SCHOOL

Cyberbullying is when someone uses the internet or text to purposefully hurt someone over and over again with their words, actions, or behaviors.

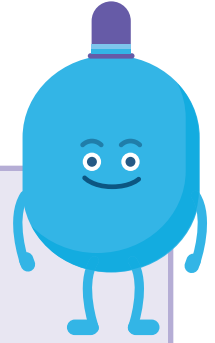
Roles

offender: A person who tries to hurt another with their words, actions, or behaviors.

target: The person being hurt or cyberbullied.

bystander: The person who knows that cyberbullying is happening but does nothing to help the situation.

upstander: The person who helps when they know that someone is being hurt by cyberbullying.



What if I'm cyberbullied?

Hopefully you won't be, but if you find you're being cyberbullied, remember to **PAUSE**:

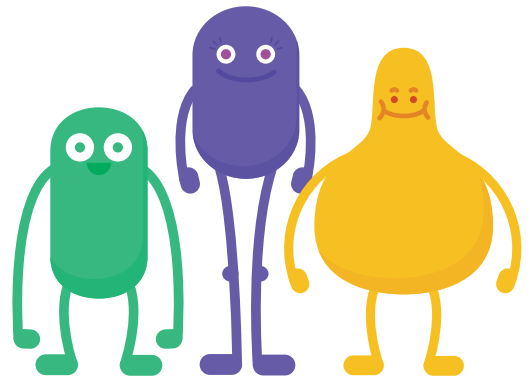
Put your device down until you feel safe.

Always tell a trusted adult what's happening.

Use your willpower, and don't respond.

Save or print out any hurtful messages or photos.

Everyone deserves to be treated kindly, including you!



What if someone I know is being cyberbullied?

If you think that a friend or classmate is being cyberbullied, remember to **THINK**:

Tell a trusted adult what's happening.

Help others by being a good listener.

Imagine what it would feel like to stand in your friend's shoes.

No one deserves to be cyberbullied. (Never stop being a sympathetic listener.)

Kindness counts, so always be a super digital citizen!

