

# **Cyberbullying:**

What you need to know



better understanding of what Cyberbullying is and work to resolve any possible issues.

Has anyone ever said anything mean about you in attempt to hurt you?

Have they ever posted anything bad about you online, or sent you a mean or nasty text message?

*If you said yes to any of these questions, you are not alone. Many other kids are experiencing the same thing you are, but that doesn't make it right or okay.*

Cyberbullying is usually not a one-time event, but a series of threatening and often embarrassing events by another person. It can be done on a laptop, computer, tablet or cell phone. It can also happen on your Xbox, PlayStation or other game devices.

Cyberbullies want you to feel bad about yourself so they can feel good about themselves. The problem is not with you, but them.



## **Email and Text Messages:**

These days, most kids own a cell phone around the age of 10. With that phone comes email, social media accounts, sharing photos and texting.

Along with all those fun and exciting things of owning a phone comes great responsibility!! The responsibility of being an owner and how you properly use it. It's a privilege not a right.

Although sharing emails, pictures and texting your friends can be a lot fun, it is a privilege to have a phone and it needs to be used appropriately.

Emails and text messages are very fast and almost instant.

A cyberbully may send you an email or message that may say very negative things such as; *“I hate you and so does everyone else at school.”* These statements may seem harmless to some, but it is messages like this that often hurts the most. It feels like you cannot escape your bully no matter what you do and your phone has become your own private nightmare.



## **Facebook, Twitter, Snapchat and Social Media:**

Social media is a way from kids and adults to stay in touch and share life's experiences all in one easy place. It's fun posting pictures, sharing days with

our family and friends or even sharing something that's bothering you, but its purpose wasn't to bully.

Although these sites require you to be 13 years old or older that is not always the case. Although they recommend you have only one account, many, many people have duplicate accounts and also fake accounts to 'spy' or 'search' accounts without people knowing just who you are.

It's important to know when you sign up that these accounts can be misused and a majority of the time they are misused not only by kids but also adults.

A bully may write a harmful post about you or post a photograph to try to shame or embarrass you. Once they make the post friends will start commenting and sharing it. Cyberbullying is not only embarrassing it can be extra hurtful.

You're probably wondering why someone would intentionally want to hurt or embarrass you or anyone else. There is no real answer to that question, other than the fact that a bully needs power to feel powerful themselves. By hurting you, it makes them feel better about themselves.

I know that's difficult for you to understand, it is for me as well, but it's a fact.



## **Cyberbullying Hurts:**

Cyberbullying hurts, but why does cyberbullying hurt so much?

It's a very impressionable time in your life. You are young and still trying to find out exactly who you are. It's okay to be different. It's okay to like things other kids don't. Whatever the situation, its okay! You have the right to be exactly who you are without being teased, taunted or harassed by anyone. You have the right to be YOU! You are perfect just the way you are.





**What can you do?**



## **Confide in a Trusted Adult:**

You may want to share with a friend, parent or school counselor that you are repeatedly being bullied but you are afraid that no one will take you seriously.

You are right it is and can be one of the hardest things to do, but by confiding in someone it gives you the opportunity to share what you are going through, make you see the problem is not with you but the bully and finally make the bullying stop!

*Seems impossible, right?*

Once a bully realizes you have friends and strong support, they will often back off, and they will leave you alone.



## **Upstanders:**

Upstanders are bystanders who are here to help and support you in safe ways.

An Upstander can question the bullying behavior.

Upstanders can intervene in ways that are safe:

The goal is to show a bully you do not agree with their actions and that bullying is not okay.

Walking with the person who is the target of a bully to can help diffuse potential bullying.

You can reach out privately to check in with the person who was bullied and let them know you don't agree with it and that you care.

***All these actions make a difference.***



## **Take the Pledge:**

Join Advocates United for Humanity's founders and ambassadors for children and take the pledge against bullying of any kind!

I pledge to:

**STAND**

up against bullying

**SPEAK**

out against bullying

**SUPPORT**

a friend being bullied





## **Resources:**

For more information on Advocates United for Humanity's bullying campaign, visit our website: [advocatesunited4humanity.weebly.com/](http://advocatesunited4humanity.weebly.com/)

The website [stopbullying.gov/](http://stopbullying.gov/) is an excellent resource for more bullying information, support and resources.

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