

According to the U.S. Department of Education, almost 1 in 4 students reported being bullied and of those, 10% said it happened online or by text messaging.

## What happens? Bullies will...

- Make fun of others.
- Call people names.
- Insult others.
- Make up and spread rumors.
- Threaten others with harm.
- Send harassing messages.
- Post others' private information online.

## Bullies often target people based on their:

- Physical appearance.
- Race.
- Ethnicity.
- Gender.
- Disability.
- Religion.
- Sexual orientation.

## Bullying can affect you:

- Self-esteem/self-image.
- Relationships with friends and family.
- Schoolwork.
- Physical and mental health.



## What should you do if you or someone you know has been the victim of cyberbullying?

- Save the evidence and share it with a trusted adult such as a parent or teacher.
- Avoid responding to the bully's messages/posts. Also, do not try to get revenge of any kind.
- Block the bully on your social media profile and on your phone.
- Monitor your stress.
- Ask to talk to a counselor or therapist if you feel like your stress becomes a problem.
- Call the National Suicide Prevention Lifeline (1-800-273-8255) if you begin to have thoughts of harming yourself. In the event of immediate danger to you or someone else, always call 911.