

# #ASDNext

## Cyber Bullying

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 your:

- 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.

*This information sheet was developed by ASERT for #ASDNext.*

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