



OFFICE OF THE HENNEPIN COUNTY ATTORNEY

BULLYING PREVENTION WORKSHOPS AND SCHOOL
PRESENTATIONS FOR PARENTS and STUDENTS GRADES 3 to10

Contact Willie Bridges at (612) 348-3934

National Crime Prevention Council - Cyberbullying

If you're like most teenagers, you spend a lot of time on a cell phone or instant messenger chatting with friends and uploading photos, videos, and music to websites. You may have online friends whom you've never met in person, with whom you play games and exchange messages. Teens' lives exist in a variety of places such as school hallways, part-time jobs, and friends' houses. Now many teens also have lives on the Internet. And bullying has followed teens online.

Online bullying, called cyberbullying, happens when teens use the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person. Cyberbullying is a problem affecting almost half of all American teens. Whether you've been a victim of cyberbullying, know someone who has been cyberbullied, or have even cyberbullied yourself, there are steps you and your friends can take to stop cyberbullying and stay cyber-safe.

How Are Teens Cyberbullied?

Being a victim of cyberbullying can be a common and painful experience. Some youth who cyberbully

- Pretend they are other people online to trick others
- Spread lies and rumors about victims
- Trick people into revealing personal information
- Send or forward mean text messages
- Post pictures of victims without their consent

When teens were asked why they think others cyberbully, 81 percent said that cyberbullies think it's funny. Other teens believe that youth who cyberbully

- Don't think it's a big deal
- Don't think about the consequences
- Are encouraged by friends
- Think everybody cyberbullies
- Think they won't get caught

How Can I Prevent Cyberbullying?

Teens have figured out ways to prevent cyberbullying. Follow in the footsteps of other quick-thinking teens and

- Refuse to pass along cyberbullying messages
- Tell friends to stop cyberbullying
- Block communication with cyberbullies
- Report cyberbullying to a trusted adult

You can also help prevent cyberbullying by

- Speaking with other students, as well as teachers and school administrators, to develop rules against cyberbullying
- Raising awareness of the cyberbullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents
- Sharing NCPC's anti-cyberbullying message with friends

Don't forget that even though you can't see a cyberbully or the bully's victim, cyberbullying causes real problems. If you wouldn't say it in person, don't say it online. Delete cyberbullying. Don't write it. Don't forward it.