

Cyberbullying

Understanding & Overcoming Cyberbullying (Secondary Students)

Sometimes people can **do** or **say** things that are not respectful. These feelings can be hurtful and you may experience one or more of the feelings listed below.



Cyberbullying: A form of repeated **harassment** that has the intent to harm the victim. This form of abuse happens using **electronic devices**. It may seem similar to bullying, but this is actually more **challenging** since the victim may not know the bully's identity.



Do's	Don'ts	Supporters
Understand that you deserve respect and should not be treated in those ways	Don't seek revenge by cyberbullying the cyberbully or someone else	<ul style="list-style-type: none"> • Family Members • School Officials: <ul style="list-style-type: none"> ◦ School Administrators ◦ Teachers ◦ School Counselor ◦ School's Internal Reporting System for Cyberbullying • Mentor or Coach • Social Media Help Desk
Show all messages, screenshots, and actions of bullying to a trusted adult for proof	Don't respond to the cyberbullies' posts or messages since this can increase their actions	
Report the cyberbully to your school official (e.g., teacher, school counselor, and administrators)	Don't open email or chat attachments from unknown people	
If being cyberbullied on social media, report the user on the platform	Don't add strangers on social media	
Block the cyberbully--remove possible offenders from your friend list	Don't share sensitive or personal information online where non-friends can see it	
Change your email address or phone number	Don't cause physical harm to yourself or others!	



Are you or a friend in a crisis?

Text **HOME** to **741741** to connect with a Crisis Counselor, through [crisistextline.org](https://www.crisistextline.org) for **free 24/7 support**



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References

- Cunic, A. (2021, January 03). *The psychology of cyberbullying*. <https://www.verywellmind.com/the-psychology-of-cyberbullying-5086615>
- Stop Bullying (n.d.). *Indiana anti-bullying laws and policies*. <https://www.stopbullying.gov/resources/laws/indiana>