WHAT IS BULLYING?
Bullying is intentional, aggressive, hurtful behavior to harm, humiliate, manipulate, or exclude someone or a group. There are several types of bullying, including verbal and social. Bullying can happen anywhere (at school, on the bus, on social media, etc.).

In 2017, 19% of U.S. students reported they were bullied at school and 14.9% were electronically bullied.*

HOW TO PROTECT YOURSELF AGAINST CYBERBULLYING

THINK BEFORE YOU POST!
Don’t post anything you don’t want to share with everyone. You never know what someone else will forward.

DON’T SHARE! Keep your password a secret from other students and friends.

TALK TO ADULTS! 1) Keep your parents in the loop. Listen to what they have to say about what is and isn’t okay to do. 2) Talk to an adult you trust about any messages you get or things you see happening to others online that are hurtful, embarrassing, or harmful.