What you should know about COVID-19 and CYBERBULLYING

Middle and high school students

Cyberbullying is using a form of technology—such as the internet, cell phones, or virtual classrooms—**to intentionally hurt or harm someone else.**

DISTANCE LEARNING – A HISTORIC TIME

- The time we are living in right now is like no other in our history
- People stay apart to stay safe
- Teachers are educating students online
- Even though youth aren't physically at school or in the community, bullying can still happen

REMEMBER, IT'S IMPORTANT TO:

- Be online for school and learning
- Connect with friends and family through text, apps, or gaming
- Feel safe and respected online!
- Know what to do if you experience or witness cyberbullying

WHAT SHOULD YOU DO IF YOU SEE CYBERBULLYING HAPPEN?

- Tell your parents or an adult you trust, and ask for their advice
- Report the situation to the technology, app, or social media provider
- If the situation involves classmates, let your teacher know
- Show support to the person being bullied by reaching out to them with a kind message

IF YOU ARE BULLED ONLINE, WHAT SHOULD YOU DO?

If you are being bullied online, know that you have the right to be safe. Take the first step—don't go through it all alone! Tell someone and ask for help.

- Tell your parents or an adult you trust when someone is being hurtful to you online, even if you aren't sure it's cyberbullying
- Reach out to your teachers or another adult who is in charge—they are there to help you!
- Talk to a sibling or peer who you trust and ask them to help you tell an adult about the situation
- Document the bullying: take screenshots and save texts
- Report the bullying: almost all technology sites have an option to report someone for cyberbullying