

What To Do If You're Being Cyberbullied?

- Block any person who is sending you mean messages.
- If the cyberbullying continues, document messages with a time, date, screen shot or printout of the message and a description of what happened, then take it to an adult.
- Tell a parent, counselor or trusted adult.
- If the cyberbullying is happening at school, talk to a teacher or the principal.
- When cyberbullying involves threats of violence, child pornography or sending sexually explicit messages or photos, taking a photo or video of someone in a place where he or she would expect privacy or stalking and hate crimes, it is considered a crime and should be reported to law enforcement.
- If you are feeling overwhelmingly sad for no particular reason and/or for days at a time, or feel like you need someone to talk to, ask at your school, Long Valley Health Center (984-6131) or Laytonville Healthy Start (984-8089) about counseling services.

IN THE KNOW!

cyberbullying

Defining Cyberbullying

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. By definition, it occurs among young people. When an adult is involved, it may meet the definition of **cyberharassment** or **cyberstalking**, a crime that can have legal consequences and involve jail time.

(<http://kidshealth.org/parent/positive/talk/cyberbullying.html>)

Sexting Defined

Sending or receiving a sexually explicit picture, text, video or message. If you send or receive a sexually explicit image or video of a minor, that is considered child pornography and can have serious legal consequences, even if the picture is of yourself.

Are You a Cyberbully?

Sometimes it is easy to hurt someone's feelings or cause offense on the internet or by text without meaning to. Remember, when you're typing or texting, the person on the other end can't see your facial expressions or hear the tone of your voice. Think twice about how your messages might be interpreted, and remember to never send a message that you wouldn't say in person. If you receive a message like this, try telling the person—maybe they didn't mean to hurt your feelings. If it becomes a pattern, or gets repeated, that's no accident. You should tell an adult, or block that person.

According to the

California Healthy Kids Survey

ONE IN FIVE



Laytonville High School 9th graders reported that they'd experienced cyberbullying at least once in the past year.