

## What is CyberBullying?

Cyber Bullying occurs when teens use communication technology to say hurtful, embarrassing, or threatening things about another teen.

Cyberbullying can be very emotionally damaging to teens, and can have legal consequences for teens and parents.

There are many types of cyberbullying:

- Sending mean messages to a person
- Spreading rumors or lies about someone
- Excluding someone from online social groups
- Creating a website to make fun of someone
- Threatening or harassing someone online
- Tricking someone into sharing secrets and spreading that information around
- Breaking into someone's account and using it to send mean or hurtful messages
- Taking pictures and sharing them online without their permission

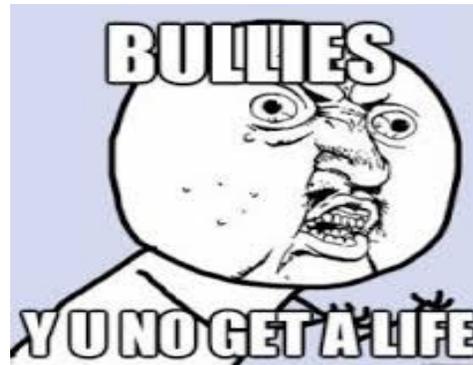
**PULLING SOMEONE  
DOWN WILL NEVER  
HELP YOU REACH  
THE TOP.**  
KUSHANDWIZDOM

## Facts

1. Nearly 43% of kids have been bullied online.
2. 70% of students reported seeing frequent online bullying
3. Only 1 in 10 victims will inform a parent or trusted adult about the abuse.
4. Girls are about twice as likely as boys to be victims and perpetrators of cyber bullying.

## Responding to Cyberbullying

- Talk About It, Tell someone if you're the target of cyberbullying. Whether it's a parent, teacher, or other trusted adult. It may not be easy but it can help the problem go away.
- Ignore Them, Don't respond to the instigator. Cyberbullies who do not get a response from their target may just move on.
- Never Retaliate, Be the bigger person and never retaliate, it only further perpetuates the cycle of violence and does not solve the problem.
- Tell Them to Stop, If ignoring doesn't work, tell them to stop. Let them know it is hurtful, lame, and uncool. Do it in a respectful manner that is not aggressive.
- Laugh, Try to laugh it off
- Save the Evidence, Record all instances of cyberbullying. If the harassment continues you can turn the documents over to a adult.
- Block, Block cyberbullies from contacting you. Most websites allow you access to block users from messaging you or being able to "see" you. Most phones have the capability to block certain numbers.
- Report it to the Content Provider, Contact the content provider of the site and make a report. More sites make it pretty easy to report cyberbullying.
- Never Pass along Messages, if you receive a hurtful or embarrassing message or photos, delete it and refrain from forwarding it. Don't be part of the problem, be part of the solution.



## Prevent

- Be aware of what kids are doing online
- Establish rules about technology use
- Be a positive role model



How would you  Like it?

## Plagiarism

- Buying/downloading papers and reports online will lead to consequences. Most academic institutions, especially colleges and universities, have high-tech software that is specifically designed to catch plagiarism. There are websites like turnitin.com that teachers and professors can use to help catch plagiarized material.
- Depending on the academic institution, you can be suspended, failed, or expelled for academic dishonesty—many institutions will not accept students with academic dishonesty on their record.



## Be Safe

Being safe on the Internet means not putting anything on the Internet that is personal or private information— not in online diaries or journals, not in blogs, not on websites, not in chat rooms or in instant messages, and not in “giveaway” prize websites.

## Raise Awareness

- Start a movement at your school or organization. Create a club, build a campaign, or host meetings to bring awareness to cyberbullying.
- Go online at [netsmartz.org](http://netsmartz.org) and take a pledge.
- Recruit former victims to share their experiences.



## If you become a victim of Cyber

If you are targeted by a cyberbully:

- **STOP!** Don't do anything, take a few minutes to calm down.
- **BLOCK!** Block the bully and limit all communication to those on your buddy list.
- **And Tell!** Tell a trusted adult, you don't have to face this alone.

Report cyberbullying to [wiredsafety.org](http://wiredsafety.org)

## Helpful Sites!

These websites have Frequently Asked Questions, Tips, and Much More!

[www.stopbullying.gov](http://www.stopbullying.gov)

and [www.netsmartz.org](http://www.netsmartz.org)

## Mission Statement

*The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.*



## How to File a Report

You can file a report at the following sites:

[www.fbi.gov](http://www.fbi.gov)

[www.ic3.gov](http://www.ic3.gov)

[www.ftc.gov](http://www.ftc.gov) (Identity Theft)

**To contact the Kern County Sheriff's Office:**

Emergency: **9-1-1**

Non-Emergency: **(661) 861-3110**

Non-Emergency Outlying Areas: **1-800-861-3110**

Sheriff's Report Desk (Bakersfield only): **(661) 391-7471**

## Cyberbullying

**1 IN 5** TEENS  
HAVE **CYBERBULLIED**



Empowering You for Life's  
Moments

This brochure is a publication of the  
Kern County Sheriff's Office  
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(661)391-7559