

DEALING WITH CYBERBULLIES

TIPS FOR KIDS

▶ **Never** arrange to meet with someone you met online unless your parents, friends, or a trusted adult go with you. If you are meeting them, make sure it is in a public place.

▶ For additional information on this topic:

- ▶ Visit www.cyberbully411.org
- ▶ Visit www.GetNetWise.org
- ▶ Visit your library



www.bcls.lib.nj.us
OPEN 24/7



▶ The NetSafe Bookmarks are available as print-ready PDF files at:

▶ www.ila.org/netsafe

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▶ **Ignore the person.** Sometimes the easiest thing to do is to ignore the person and go on about your business. Log-off if the harassment is bothering you.

▶ **Block or delete the person.** If it is happening on Instant Messaging or some other place online that requires a "buddy list," you can block certain users based upon their username, or delete them if they are in your buddy list. You can also block e-mails that are being received from specific e-mail addresses.

▶ **Change your information.** If someone has hacked into your profile, change your password. If someone repeatedly sends you messages (like, "add me to your buddy list" over and over), consider changing your username or e-mail address.

▶ **If there is a profile that was created about you without your knowledge,** contact the company which runs the site to have the profile or language taken off.

▶ **If you are upset about what is being said, talk to someone you trust.** Don't feel like you're alone. Many times, you are able to take care of the cyberbullying on your own. Sometimes, it gets out of hand though, and it's helpful to talk to an adult about what is going on. If you feel scared or overwhelmed, maybe even trapped, it's definitely time to talk to an adult, inform your Internet Service Provider and possibly call the police if you are getting physical threats.

For more information, go to
www.cyberbully411.org

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