Cyberbullying

By Deborah Watkins

A. What is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.

B. Types of Bullying

1. **Exclusion** – You are left out of chats or not invited to something.
2. **Harassment** – You are called names or picked on because of color, disability, size, etc
3. **Cyber Stalking** – Blackmailing or threatening someone, or tracking their every move online.
4. **Fake Profile** – Someone will pretend to be **someone else** to you.
5. **Trolling** – Getting you to say something bad about another.
6. **Trickery** – Making you trust them and then telling your secrets.
7. **Fraping** – Someone takes your account and texts things in your name as you.
8. **Dissing** – When someone texts bad information about you to make others think badly about you. It ruins your reputation.
9. **Outing** – To reveal the secret that someone is gay or transgender without their permission.
10. **Swatting** – Someone makes a fake call to the police to report a crime at your place.

C. Bullying may cause a person to:

1. Avoid friends or social events
2. Stay in his or her room more than usual
3. Become more quiet, depressed or withdrawn
4. Find it hard to concentrate on schoolwork
5. Drop grades in school.
6. Lose interest in things or clubs that they enjoyed
7. Skip school or pretend to be sick (e.g. with a stomach ache).
8. Look angry when looking at their phone, tablet, or computer
9. Hide their phone or computer screen from view
10. Avoid using their phone
11. Use drugs or alcohol
12. Tell of dark thoughts or sad emotions
13. Talk about suicide or hurting themselves

D. What to do if you are being cyberbullied

1. Block the cyberbully.
2. Take screenshots of the texts or pictures as evidence. Write what happened and when it happened in a journal.
3. Report it to your parents, teachers, or the police.
4. Talk about how you feel with your parents, teacher, a friend or a guidance counselor.

E. How to prevent from being cyberbullied

1. Block the bully.
2. Do not trust others so easily on the internet to tell secrets or post pictures.
3. Be careful when accepting someone as a **friend** online.

LIVEWORKSHEETS