

## Cyberbullying Tips for Teens

1. Guard your contact information. Don't give people you do not know your email address, cell phone number, or friend them on social network sites.
2. If you are being harassed online, take the following actions immediately:
  - Tell an adult you trust: parent, older sibling or grandparent.
  - If you are being harassed, leave the area or stop the activity (i.e. chat room, news group, online gaming area, social network site etc.)
  - If you are being bullied through an email or social network site, block the sender's messages. *Never reply to harassing messages.*
  - Save any harassing messages and forward them to your email service provider - like Gmail, Hotmail, Yahoo, Verizon or Comcast. Most service providers have appropriate use policies that restrict users from harassing others over the internet and that includes kids.
  - If the bullying includes physical threats, tell the police as well.
3. Take a stand against cyberbullying with your peers. Speak up whenever you see someone being mean to another person online. Most kids respond better to criticism from their peers than to disapproval from adults.

### Online Resources for Parents:

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

[www.iKeepSafe.org](http://www.iKeepSafe.org)

[www.ConnectSafely.org](http://www.ConnectSafely.org)

[www.NetSmartz.org](http://www.NetSmartz.org)

[www.GetNetWise.org](http://www.GetNetWise.org)

[www.StaySafeOnline.org](http://www.StaySafeOnline.org)

[www.WiredSafety.org](http://www.WiredSafety.org)

[www.CyberBully411.org](http://www.CyberBully411.org)