

# What is cyberbullying?

ELEMENTARY SCHOOL

Cyberbullying is when someone uses the internet or text to purposefully hurt someone over and over again with their words, actions, or behaviors.

## Roles

**offender:** A person who tries to hurt another with their words, actions, or behaviors.

**target:** The person being hurt or cyberbullied.

**bystander:** The person who knows that cyberbullying is happening but does nothing to help the situation.

**upstander:** The person who helps when they know that someone is being hurt by cyberbullying.



# What if I'm cyberbullied?

Hopefully you won't be, but if you find you're being cyberbullied, remember to **PAUSE**:

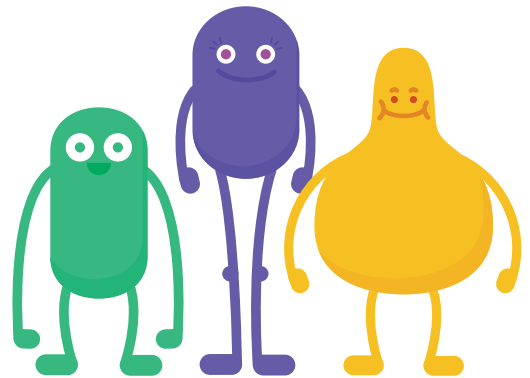
**P**ut your device down until you feel safe.

**A**lways tell a trusted adult what's happening.

**U**se your willpower, and don't respond.

**S**ave or print out any hurtful messages or photos.

**E**veryone deserves to be treated kindly, including you!



# What if someone I know is being cyberbullied?

If you think that a friend or classmate is being cyberbullied, remember to **THINK**:

**T**ell a trusted adult what's happening.

**H**elp others by being a good listener.

**I**magine what it would feel like to stand in your friend's shoes.

**N**o one deserves to be cyberbullied. (Never stop being a sympathetic listener.)

**K**indness counts, so always be a super digital citizen!

