

# The Word on Wellness

## February 2020

### Cyberbullying



#### What Is Cyberbullying?

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

Cyberbullying can occur through: SMS, Text, Google chats, and apps, or online in social media (Instagram, Snapchat, Twitter, Tik Tok), forums, or gaming where people can view, participate in, or share content.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

#### Protect Yourself from Cyberbullying:

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other friends. Even friends that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

<https://www.stopbullying.gov/kids/what-you-can-do/index.html#bullied>

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