



Strategies to Avoid Cyber Bullying

The internet has enabled a whole new medium for bullying – through technologies like e-mail, chat rooms, social media sites and text messages. Avoid cyber bullying by practicing the following:

- Never give out or share personal information (name, family, address, phone number, pictures or e-mail address). Don't use personal information like your full name, age, or gender in your email address or your profile on social media sites.
- Do not believe everything you read
- Use Netiquette: be polite to others just as you would in person. If someone treats you rudely or meanly- do not respond.
- Never send a message to others when you are angry. Wait until you have time to calm down and think because once you have sent a message it is VERY hard to undo the damage.
- Never open a message from someone you don't know
- On social media sites don't accept "friend requests" from people you don't know
- If it doesn't look or feel right, it probably isn't. Trust your instincts. If you find something that you don't like or makes you feel uncomfortable, turn off the computer and tell an adult.
- Give yourself a break. Don't stay online too long- spend time with your family and friends off line.

Get more strategies for handling bullying behavior, through Synergy's STOP Violence programming. Learn more by contacting 816-505-4863 or stopviolence@synergyservices.org