

# CYBERBULLYING

## What is cyberbullying?

Cyberbullying is when you are being harassed, threatened or tormented by other youth using electronic technology, such as cell phones, computers, Facebook, Twitter, Instagram, text messages, chat, and websites. The following are just a few examples:

- Someone sends you hateful and threatening text and instant messages.
- Someone steals your password and pretends to be you in order to get you in trouble or make others hate you.
- Someone creates a website or writes about you in a blog to spread rumors or make fun of you.
- Someone texts, e-mails, or posts naked or embarrassing pictures of you to others.

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## How do I help a friend?

Listen & offer comfort.

Go with them to talk to an adult.

For legal referrals, contact Legal Advocates for Children & Youth at (408) 280-2416

## How do I protect myself?

Think before you post! Online photos and messages are there forever. Your photos can be copied and changed.

Think before you send! Once you text or send personal photos of yourself, you don't have control over what the other person does with them.

Think before you download! Don't download suspicious files or files from strangers.

Know who is on your friends list and make your profile private. Change your password often.

## What do I do if I have been cyberbullied?

- STOP responding to the cyberbullying BLOCK the person TELL a trusted adult
- Save proof. This includes text messages, e-mails, screenshots, IM logs, blogs, etc.
- Change your username, email address, or password if someone has hacked into your account or keeps sending you messages.
- Tell a trusted adult. They can help you:
  - Contact the website to take down unwanted profiles.
  - Contact teachers or police if needed.
- Cyberbullying can make you feel bad about yourself, upset or alone. You do not need to handle these feelings on your own. Talk about how you feel with a trusted person, a counselor, or call a hotline or crisis center (see back of handout).

# RESOURCES

## Hotlines

### **Anonymous Tip Line 800.78CRIME**

### **Bill Wilson 24/7 Line for Youth 888.247.7717 (local)**

A Santa Clara County hotline for youth ages 7-24, providing supportive listening, crisis intervention, information and referrals. Youth may call anytime for any reason. Your call is free and confidential.

### **EMQ Mobile Crisis 408.379.9085 (local)**

A 24-hour, mobile crisis intervention service for Santa Clara County children and adolescents under age 18 in acute psychological crisis. It provides multilingual community-based intervention, evaluation, and links children and families with other community agencies for long term care and assistance.

### **National Suicide Prevention Lifeline 800.273.8255 (national)**

When you dial 1-800-273-TALK (8255), you are calling the crisis center in the Lifeline network closest to your location. You will be helped by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area. Your call is confidential and free.

## Safe Spaces (local youth support groups and online supports)

### **Chat 4 Teens <http://www.billwilsoncenter.org/services/all/teens.html>**

Chat 4 Teens connects teens in a live instant message chat environment directly with volunteers trained to provide support without judgment. Chat 4 Teens is safe and anonymous, giving teens a free place to vent, work through problems or get information about community resources. Teens can log on and chat about anything that is troubling them including relationship problems, parents, school, cutting, suicidal thoughts, pregnancy, depression, abuse, loneliness or stress. Chat lines are open Monday – Thursday, 5-9pm.

### **Safe Place Monterey 831.373.4421 [590 Pearl St, Monterey]**

Safe Place is a comprehensive program for at-risk and homeless youth that provides everything from street outreach, survival aid, and temporary shelter to counseling, family reunification and aftercare. Weekly drop-in dinner at the Monterey Youth Center provides a hot meal and recreational activities for youth.

## Websites/Social Media

### **Stop Cyberbullying <https://www.facebook.com/stopcyberbullying/>**

A Facebook page that offers tips and resources to address and prevent cyberbullying. It also hosts discussions about issues related to cyberbullying.

### **Boys Town - Your Life Your Voice <http://www.yourlifeyourvoice.org/>**

YourLifeYourVoice.org is a website where youth can anonymously e-mail or view other youth's questions about challenging situations, including bullying, and get responses from trained staff.

### **It Gets Better Project <http://www.itgetsbetter.org/>**

A website where youth can view more than 50,000 videos created by all types of people, ranging from celebrities to other youth. The goal is of this website is to inspire hope for young people facing bullying and harassment, especially LGBTQ youth.