

PREVENTING CYBERBULLYING Top 10 Tips For Kids

1. Educate yourself

To prevent cyberbullying from occurring, you must understand exactly what it is. Research what constitutes cyberbullying, as well as know how and where it is most likely to occur. Talk to your friends about what they are seeing and experiencing.

2. Protect your password

Safeguard your password and other private information from prying eyes. Never leave passwords or other identifying information where others can see it. Also, never give out this information to anyone, even your best friend. If others know it, take the time to change it now!

3. Keep photos "PG"

Before posting or sending that sexy image of yourself, consider if it's something you would want your parents, grandparents, and the rest of the world to see. Bullies can use this picture as ammunition to make life miserable for you.

4. Never open unidentified or unsolicited messages

Never open messages (emails, texts, Facebook messages, etc.) from people you don't know, or from known bullies. Delete them without reading. They could contain viruses that automatically infect your device if opened. Also, never click on links to pages that are sent from someone you don't know. These too could contain a virus designed to collect your personal or private information.

5. Log out of online accounts

Don't save passwords in form fields within web sites or your web browser for convenience, and don't stay logged in when you walk away from the computer or cell phone. Don't give anyone even the slightest chance to pose as you online through your device. If you forget to log out of Facebook when using the computer at the library, the next person who uses that computer could get into your account.

6. Pause before you post

Do not post anything that may compromise your reputation. People will judge you based on how you appear to them online. They will also give or deny you opportunities (jobs, scholarships, internships, etc.) based on this.

7. Raise awareness

Start a movement, create a club, build a campaign, or host an event to bring awareness to cyberbullying. While you may understand what it is, it's not until others are aware of it too that we can truly prevent it from occurring. Also, don't be a bystander while someone else cyberbullies.

8. Set up privacy controls

Restrict access of your online profile to trusted friends only. Some social networking sites like Facebook and Instagram offer you the ability to share certain information with friends or followers only. Consider not using sites that do not offer these protections.

9. "Google" yourself

Regularly search your name in the major search engines to see if any personal information or photo comes up which may be used by someone to target you. Take action to remove pictures that are offensive or that make you vulnerable to attack by others who don't have your best interests in mind.

10. Don't be a cyberbully yourself

Treat others how you want to be treated. By being a jerk to others online, you are sending the message that it is acceptable to behave that way. Be aware of how you come across - what tone and type of language are you using? Is it rude or offensive? If so, cut it out.
