

Cyberbullying

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An increasing number of youth are being victimized in a nontraditional method commonly referred to as *cyberbullying* or *e-bullying* . In 2004, half of 3,000 U.S. youth [surveyed](#) stated that they or someone they knew had been victims or perpetrators of cyberbullying. Teens are using emailing, instant messaging, text messaging, and defamatory personal websites to threaten, embarrass, and ostracize their peers.

Whether the bullying takes place through direct confrontation or anonymously through the Internet, the effects on victims, perpetrators, and bystanders have been well documented and include academic, behavioral, and emotional challenges; school violence; and increased risk for criminal acts later in life. The good news is that teens can avoid being a victim of cyberbullying and make sure they don't get involved themselves.

Here are five prevention messages:

- Do not give out personal information online, whether in instant message profiles, chat rooms, blogs, or personal websites.
- Never tell anyone your password, even friends.
- If someone sends a mean or threatening message, don't respond. Save it or print it out and show it to an adult.
- Never open emails from someone you don't know or from someone you know is a bully.
- Help peers who are harassed online by not joining in.



Courtesy of the National Crime Prevention Council at www.ncpc.org