

Bully Facts

Kindness: To be kind is to be nice to others. Kind acts are helpful, show consideration, and make the givers and the receivers feel good. Kind acts are NOT mean.

You like it when others show kindness to you. Can you think of an example of when someone was nice to you or considerate of your feelings?

Bullying: When someone is mean to others and picks on them, it's bullying. That includes making fun of others, calling them names or beating up on them.

Cyber Bullying: Cyber bullies are those bullies who use the Internet to be mean to others. They may say things they don't mean or that they know they shouldn't say. Remember, just because you can't see the other person doesn't mean that they aren't there. Their feelings can still get hurt and we wouldn't want that!

Also, if you are mean or inappropriate online, don't think others won't find out!

Kindness can become its own motive.

We are made kind by being kind - *Eric Hoffer*



What to do if you are cyber bullied

- Tell someone. Don't keep this to yourself. Tell a trusted adult about the bullying, and KEEP TELLING until the adult takes action.
- Don't open or read messages by cyber bullies.
- Tell your school if it is school related. Schools have a bullying plan in place.
- Don't erase the messages. They may be needed to take action. Instead, put them in a folder unread.
- Protect yourself. Never agree to meet with the person or with anyone you meet online.
- If bullied through chat or instant messaging, the bully can often be blocked. Tell someone!
- If you are threatened with harm, have an adult help you inform the local police.

How to keep from being bullied online

- Don't give out private information such as passwords and pins. Be careful about where you post other personal information online, such as name, address and phone number. This information can be used in a negative way by bullies.
- Use Netiquette. Be polite online and others will tend to do the same. If someone does get angry or bullies you, ignore them – online cyber bullies want a reaction just like other bullies.
- Don't send a message when you are angry – it is hard to undo things that are said in anger.
- Delete messages from people you don't know or from people who seem angry or mean.
- When something doesn't seem right, it probably isn't. Get out of the site, chat, etc.