

Newsletter Item 4

Aim: To provide families with a definition of cyberbullying

What Is Cyberbullying?

Cyberbullying is bullying using a cell phone or the Internet. Examples include a person:

- Sending nasty or threatening emails or messages on the Internet or via cell phone
- Sending mean or nasty comments or pictures about others to websites, social networking sites, or other students' cell phones
- Deliberately ignoring or leaving out others over the Internet
- Pretending to be someone else online to hurt someone or make him or her look foolish

Cyberbullying can happen through text messages, pictures, video clips, emails, and so on being sent to you but also when these things are sent to others and are about you.