

FAQs

Cyberbullying

Cyberbullying affects almost half of all American teens. Whether you've been a victim, a participant, or a bystander, there are steps you can take to stop cyberbullying and stay cyber-safe.

How Are Teens Cyberbullied?

- Spread lies and rumors about victims through text, social media, or online forums.
- Being intentionally excluded from online groups or activities.
- Trick people into revealing personal information.
- Send or forward mean text messages.
- Sharing private or embarrassing information or images without consent.
- Provoking someone through comments or posts.

How Can I Prevent and Address Cyberbullying?

- Block communication with the cyberbully
- Delete messages without reading them
- Talk to a friend
- Report the problem to the platform or website moderator
- Keep records of abusive messages or posts
- Use privacy settings to limit interactions

