Your school motto here





On the Internet, cyberbullying takes various forms. Cyberbullying includes sending hateful messages or even death threats to children, spreading lies about them online, making nasty comments on their social networking profiles, or creating a website to bash their looks or reputation.

Some tips for responding to cyberbullying:

- To keep others from using their email and Internet accounts, you should never share Internet passwords with anyone other than your parents.
- If you are harassed or bullied through instant messaging, use the "block" or "ban" feature to prevent the bully from contacting you.
- If you keep getting harassing emails, delete that email account and set up a new one. Only give the new email address to family and a few trusted friends.
- Do not respond to rude or harassing emails, messages and postings. If the cyberbullying continues, call the police. Keep a record of the emails as proof.



Camera phones, digital cameras and web cams are everywhere these days, and kids can be victims of their own inexperience with new technology. Many post pictures, videos or notes online that they later regret. Think before you post, because once you do, it's going to be up there forever.

Some tips for preventing damaged reputations:

- Even if you delete posted photos, others may have already copied them into public forums and websites.
- Do not to let anyone, even friends, take pictures or videos of them that could cause embarrassment online - such as if a relative or teacher saw them.
- Think about possible consequences. A 17-year-old might think it's hilarious to post a MySpace photo of himself looking drunk, with empty beer bottles strewn around him. But will a college admissions officer be impressed? Probably not!