

What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Types of Abuse

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

PHYSICAL Hurting someone's body or possessions <ul style="list-style-type: none">• Hitting/kicking/pinching• Spitting• Tripping/pushing• Taking or breaking someone's things• Making rude hand gestures	VERBAL Saying or writing mean things <ul style="list-style-type: none">• Teasing• Name-calling• Inappropriate sexual comments• Taunting• Threatening to cause harm
SOCIAL Hurting someone's reputation or relationships <ul style="list-style-type: none">• Leaving someone out on purpose• Telling other children not to be friends with someone• Spreading rumors• Embarrassing someone in public	CYBER Takes place using electronic technology <ul style="list-style-type: none">• Sending mean text messages or emails• Spreading rumors via email or social networking sites• Sharing embarrassing pictures, videos, websites, or fake profiles

Who We Are

The West Georgia Prevention & Advocacy Resource Center strives to end sexual violence in our community through prevention and awareness. We provide direct service to survivors of sexual assault, their families and their friends. We are committed to fostering awareness of sexual assault through community education. We work to create a climate of safety and healing for all victims of sexual assault. All services are free and confidential.

Contact Us

24-Hour Hotline: 770-834-RAPE (7273)
Business Line: 770-834-8905
Email: prevention@wgaparc.org
Web: www.wgaparc.org
Facebook:
www.facebook.com/pages/WGAPARC
Twitter: @WGAPARC

Cyberbullying How Would You Like It?

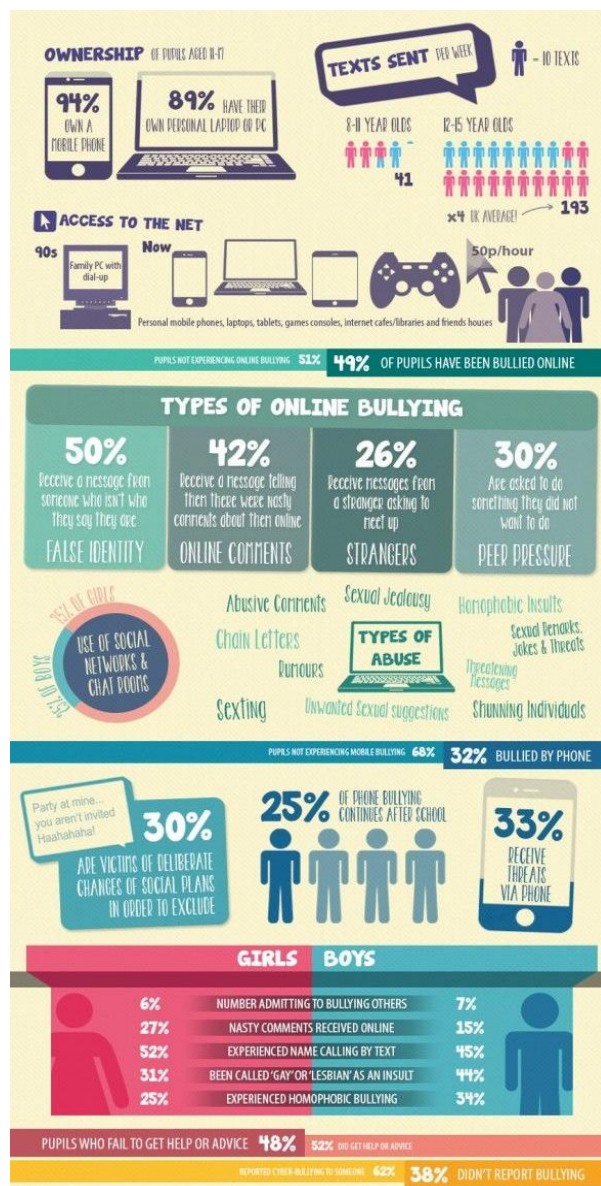
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P.O. Box 2825
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770-834-8905 (Business line)
770-834-7273 (Crisis line)



PARC

Prevention & Advocacy Resource Center
Sexual Assault Center for Teens & Adults

Know The Facts...



THINK Before You Post Online!

Is it True, Helpful, Inspiring, Necessary, Kind?

Online bullying can take place over the computer but it can also take place over the phone in which abusive comments are made, rumors are spread, threats are made, and deliberate changes in social plans are made in order to exclude.

Dealing with CYBERBULLYING

- ✓ Tell a trusted adult about the bullying
- ✓ Don't open or read messages from cyber bullies
- ✓ Don't erase messages from bullies
- ✓ Attempt to block the person bullying you
- ✓ If you witness cyberbullying speak out and tell an adult

Warning Signs of Cyberbullying



- Someone is withdrawing themselves from normal interactions with friends and family
- Someone starts to avoid using the computer
- Someone has a change in behavior, beliefs, self-esteem, or attitude
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations