

## Cyberbullying

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- Cyberbullying is the computer version of bullying. It is the sending or posting of harmful or cruel text or images over the internet, or through other methods of communication.
- A cyberbully is a bully that chooses to use the internet for purposes of bullying or harassing others. This bully may be someone a student knows, or a stranger on the internet.
- A cyberbully is usually under the misconception that their identity is anonymous, thus empowering them to bully, harass or transmit pictures across the internet or social media sites. What they don't realize is that every time they send a message, they are creating cyber-footprints which can be traced to their IP address.
- Cyberbullying is against the law.
- If you or someone you know is a victim of cyberbullying, tell a responsible adult immediately. They will contact the proper authority to put an end to the cyberbullying.



## Cyber Safety

### Safety Tips for Students

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**TIMOTHY J. CRUZ**  
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The Plymouth County  
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## A Message from the District Attorney:



Digital devices are extremely popular. These devices provide us all with a great way to keep in touch with family and friends, as well as access the internet and social media sites.

According to a survey done by the Pew Research Center, 68% of adults in the United States own a smartphone.

Devices that are linked to the internet provide a number of dangers that can lure unsuspecting victims into their web.

This brochure has been created to raise awareness to these dangers. It will assist you and your family members in protecting your identity when you are using the internet.

More importantly, by using common sense, and sound judgment, you can avoid these dangers and enjoy all that this technology has to offer.

Sincerely,

A handwritten signature in black ink that reads "Timothy J. Cruz".

Timothy J. Cruz  
District Attorney

## Avoid the Dangers of Social Media Sites

- **Be Aware**, Social Media Sites are never 100% secure.
- Social Media provides an easy way for a stranger to contact you, or find out vital information about you.
- If privacy settings are not set on your social media accounts, anyone could watch you while you are online.

### Protect yourself while using Social Media Sites

- Set your privacy settings.
- Allow only people you know in real life to follow you, or be on your friends list.
- If you receive a request from someone not on your list, and you do not know them in real life, then block them from contacting you.
- Do not provide any personal information about you or your family in your profile.

### Strangers

- Strangers are people you do not know in real life, online friends can still be strangers.
- Meetings are forbidden.
- People on the internet may have many identities.

## Follow the Rules It is Illegal:

- To threaten people over the internet or phone.
- To send graphic photos to people under the age of 18.
- To harass or bully anyone.
- To use other's credit card without their permission.
- To download music without permission.
- To use someone else's identity without their permission.

### Protect your Information

- Don't give out any personal information or photographs.
- Use extreme caution when creating your profile.
- Protect your password.
- Beware of free offers and surveys.
- Never respond if you feel uncomfortable.
- Never say you're alone.
- Don't answer questions, even with lies.



Cyber Safety