

Cyberbullying hurts

Cyberbullying can be very hurtful and as damaging as physical bullying. Cyberbullying is using the internet, cellphones or other technology to send or post texts or images to hurt, threaten or embarrass another person.

Examples of cyberbullying:

- Sending mean or threatening emails, messages or texts
- Sending or forwarding private messages to others to embarrass someone
- Sharing explicit pictures with others without consent
- Starting rumors through text messages or on the internet
- Creating fake online profiles on social media websites like Facebook, Twitter, etc. to make fun of people

Cyberbullying can be anonymous

You may have no idea who is behind it. Cyberbullying can take away your feelings of safety. It can also be an extension of physical bullying. This can leave you feeling as if “there is no way out.”

How often have you or has someone you know experienced or witnessed cyberbullying?

- ☐ Never
- ☐ One to two times
- ☐ Three or more times



Member Services or 24-hour Nurse HelpLine:

1-844-405-4298 (TTY 711)

www.simplyhealthcareplans.com/floridahealthykids



Bullies tend to be crueler online

Cyberbullying can feel harsh. Some cyberbullies even think they are being funny. Most people do not think cyberbullying is a big deal. **It is.**

Warning signs

Cyberbullying can have damaging and lasting effects on a person. It can affect social and emotional development. It can also physically affect you. Which signs of cyberbullying are you familiar with? Check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Poor performance at school | <input type="checkbox"/> Moody or aggressive behavior |
| <input type="checkbox"/> Depression or withdrawal | <input type="checkbox"/> Loss of interest in activities once enjoyed |
| <input type="checkbox"/> Anxiety | |

What can you do if you're being cyberbullied?

- Do not repeat or forward any messages
- Block the number, profile or website
- Reach out to an adult for help and support
- Do not seek revenge or cyberbully back
- If possible, report the person to the website administrators
- Keep a record of incidents in case it gets worse and law enforcement needs to get involved
- Practice confidence

You can put an end to cyberbullying

Find helpful tips at **[stopbullying.gov](https://www.stopbullying.gov)** or **[kidshealth.org](https://www.kidshealth.org)**. You can also visit the National Crime Prevention Council at **[ncpc.gov](https://www.ncpc.gov)** for more information on cyberbullying.



Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-405-4298 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-405-4298 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.