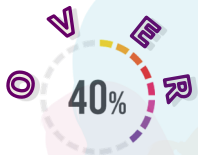


### Did You Know?



of teens use a cellphone regularly, making it the most common method for cyber bullying.



of kids have been bullied online. **1 in 4** has had it happen more than once.

Kids ages 8-18 spend about 7 hours and 38 minutes per day online.



### Know Your Terms: Cyber Bullying

Cyber bullying can take many forms.

Sending mean messages or threats to someone's email account or cell phone.



Spreading rumors online or through texts.

Posting hurtful or threatening messages on social networking sites or web pages.



Stealing someone's account information to break into their account and send damaging messages.

### 5 Cyber Safety Tips

#### ZIP IT



Keep your personal stuff private including the names of your family members, school, telephone number, and address. Turn off your GPS location services and your device's camera when not using them.

#### BLOCK IT



Be careful who you friend online. Just because someone with mutual friends wants to add you on a website or app, does not mean they are trustworthy.

#### CHECK IT

Think twice before you post or say anything online. Only do or say things online that you would do or say in real life; once it is in cyberspace, it is out there forever.

#### FLAG IT



If you see something inappropriate, tell an adult you trust. Do not stand for bullying — online or off.

#### LOCK IT



Use strong passwords with eight characters or more that also has numbers, letters, AND symbols. Use privacy settings on social networking sites.