

Smart Alert! Cyber Bullying Guide Sample

<h3>Cyber Bullying and You</h3> 	<h3>What Is Cyber Bullying?</h3> <p>Cyber bullying is when someone uses email, chat, or cell phones to be mean to someone over and over, and make them feel bad.</p>  <p>Cyber bullying could be email messages that say, "You're fat." It could be text messages that say, "Nobody wants to be your friend."</p>	<h3>What to Do If You Are Cyber Bullied</h3> <p>If you are cyber bullied, you should tell an adult, like your parents or your teacher. Print or save what was sent so you can show an adult. You should NOT say a mean thing back.</p> 
<h3>How to Prevent Cyber Bullying</h3> <p>It makes it hard for someone to cyber bully you if you create good passwords. Don't tell anyone your passwords except your parents or teacher. You should also keep your personal information and blogs private. You can also block people who act mean from your phone, email, and social networking page.</p> 	<h3>How to Help Someone Else</h3> <p>If you know someone who is being cyber bullied, tell an adult.</p>  <p>There are serious consequences for people who cyber bully. They can be expelled from school and even arrested.</p>	<h3>More Information</h3> <p>For more information, you can visit these Web sites:</p> <p>www.stopcyberbullying.org</p> <p>www.netbullies.com</p> 