

# WHAT YOU SHOULD KNOW COVID-19 and CYBERBULLYING

Elementary school students

**Cyberbullying is using a form of technology**—such as the internet, cell phones, or virtual classrooms—**to hurt or harm someone else on purpose.**



## DISTANCE LEARNING – A HISTORIC TIME

- People stay apart to stay healthy
- Kids no longer go inside their school
- Technology is used a lot more for learning and connecting with others



## WHEN USING TECHNOLOGY, IT'S IMPORTANT TO:

- Feel safe
- Be respectful
- Remember that bullying can happen even when kids are apart
- Know what to do if you see or are cyberbullied



## IF YOU ARE BULLED ONLINE, WHAT SHOULD YOU DO?

- Tell your mom, dad, or an adult you trust, even if you're not sure it is cyberbullying
- Reach out to your teachers or another adult who is in charge—they are there to help you
- Talk to an older sibling or friend who you trust
- Take a screenshot or picture of the bullying and show an adult
- Report the bullying: if you do not know how, ask an adult



## WHAT SHOULD YOU DO IF YOU SEE CYBERBULLYING HAPPEN?

- Tell your mom, dad, or an adult you trust and ask what you can do
- Report cyberbullying on the app or website
- If your classmates are being bullied, let your teacher know