Cyberbullying is a form of bullying that occurs over digital devices – through text messaging, social media, apps, forums, or any server where people can view, participate in, or share content. Cyberbullying includes spreading or posting information about others that is harmful, false and causes embarrassment or humiliation.

**Tips for Students and Families**

- **Immediate Steps:**
  
  Don’t respond or forward cyberbullying messages. Block the person cyberbullying and if necessary, obtain evidence such as screenshots and take notes of specific details.

- **Reporting to Online Service Providers:**
  
  Many social media sites have service agreements that prohibit cyberbullying. Report cyberbullying to these sites and remember to manage your privacy settings to control who can contact you.

- **Reporting to Schools:**
  
  Cyberbullying can be linked to bullying at school and have a negative effect on a school’s culture and climate. Talk with your school about its anti-bullying policy to address the situation. Some state laws cover off-campus behavior that creates a hostile environment in school.

- **Reporting to Law Enforcement:**
  
  When cyberbullying crosses the line to unlawful or criminal behavior, report activity to law enforcement. This includes: threats, child pornography or explicit images, photos or video of people in situations where privacy is expected, stalking, and hate crimes.