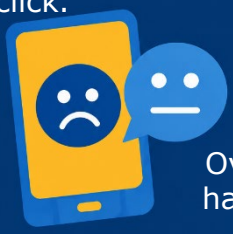
Are you ReadyPA?

TIP SHEET

DID YOU KNOW?

Cyberbullying often happens through social media, group chats, and texting. Think before you share, chat, or click.



Over 40% of kids have been bullied online.

Ages 8-18 spend 5½ - 8½ hours a day on screens.

Mean Messages – Sending hurtful or scary messages by text, email, or online.

Spreading Rumors – Sharing rumors or gossip online or in group chats.

Hurtful Posts – Posting mean or embarrassing things about someone online.

Account Hacking – Getting into someone else's account without permission or pretending to be them.

Ways To Stay Safe Online

SPEAK IT
Tell a trusted adult if something makes you uncomfortable.

BLOCK IT
Think before you click. Don't open messages or links from people you don't know.

PROTECT IT
Keep personal information, photos, & your location private.

FLAG IT
Tell a trusted about mean, scary, or inappropriate messages or posts.

LOCK IT
Use strong passwords and never share them with friends.

Ready PA

www.ready.pa.gov