

## When someone spreads rumors about you or says mean things online . . .

**DO** talk to the person about what she said. Maybe she thought it was just a joke and didn't know how much it hurt you. Talking can get the person to stop spreading hurtful words about you.



If the person refuses to stop, report the bullying to an adult. A teacher, principal, or parent can help put an end to it. Hurting people by spreading mean things about them is a form of harassment and may even be against the law in your area.

**DON'T** try to get revenge by making a mean website about the person who has been bullying you. Don't start rumors about anyone, and don't use social media to embarrass or hurt someone. If you do that, *you* are harassing—and you can get into trouble.

You can read a lot more about this very ugly thing called cyberbullying in the next chapter.





MYTH  
#2

Only boys bully.

**Fact:** Girls bully, too. All kinds of kids bully. Sometimes girls will pick on girls and boys will pick on boys. And girls will sometimes pick on boys, and boys will sometimes pick on girls.

MYTH  
#3

Getting bullied is a normal part of growing up.

**Fact:** What's "normal" about feeling afraid to go to school? Or putting up with threats or physical abuse? This myth is just an excuse for bad behavior. Plus it helps create a "code of silence" about bullying. If you think bullying is "normal," you don't say anything about it, and you don't do anything about it. Nobody else does, either. Meanwhile, kids keep on bullying.

