

# CYBERBULLYING

## Warning-Sign Checklist: Am I Being Cyberbullied?



I have received mean or threatening e-mail messages, text messages, or instant messages.



Someone has posted mean or hurtful things about me online.



Someone has forwarded my e-mails or text messages to another person without my permission.



Someone has altered a picture of me online.



Someone has taken pictures of me without my permission and posted them online.



Someone has stolen my password and is sending messages or posting things and pretending to be me.



Someone is excluding me from an online group.



Someone has started an offensive blog about me.

**If you have experienced any of these warning signs, talk to an adult right away!**