

# HELP PREVENT CYBERBULLYING

Cyberbullying is bullying that takes place on social media. It is repeated behavior, aimed at threatening, angering or shaming those who are targeted. Examples include:

- spreading lies about or posting embarrassing photos of someone online
- sending hurtful messages or threats via social media
- impersonating someone and sending mean messages to others on their behalf

## WHAT TO DO IF A CHILD IS BEING CYBER BULLIED:

- IF YOU WITNESS CYBERBULLYING, DO NOT SHARE OR TAG THE BULLYING POSTS
- Keep record of the bullying (screenshots, pics, note, etc.)
- Report immediately to the proper authorities:
  - Hopi Law Enforcement Services  
(928)734-7340/7341
  - Hopi Social Services (928)401-7557
  - REPORT IT DIRECTLY TO THE CHILD'S SCHOOL
  - Report it immediately to social media administrators
    - (I.E. FACEBOOK, INSTAGRAM, TIKTOK, SNAP CHAT, TWITTER, ETC.)
- File for a restraining order/protection order with your local tribal court.



# Resources

- Hopi Law Enforcement 928-734-7340/401-7792 or 911
- Hopi CPS 928-401-7557
- Hopi Domestic Violence Program (928 738-1115
  - for immediate response contact (928) 613-7777

## Crisis Resources:

- Hopi Behavioral Health Services 928-737-6300
- Northern Arizona Crisis Hotline 1-877-756-4090
- SAMHSA's National Helpline 1-800-662-HELP(4357)
- National Suicide Prevention 1-800-273-TALK(8255)
- Crisis Text Line TEXT "NATIVE" to741741
- Trevor Project (LGBTQ2S) 1-866-488-7386
- Trans Lifeline 1-877-565-8860
- Veteran's Crisis Hotline 1-800-273-TALK(8255)
  - Crisis chat or text 8388255
- Teen Lifeline (800) 248-8336
- Stronghearts, Native Helpline 1-(844)-762-8483

## Online Resources:

- [www.stopbullying.gov](http://www.stopbullying.gov)
- [www.stompoutbullying.org](http://www.stompoutbullying.org)

