



## Children's Center of Virginia

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[www.childhelpva.org](http://www.childhelpva.org)

### Are you a Cyber Bully? ([www.stopbullying.org](http://www.stopbullying.org))

Often, people who are victims are also bullies. Before you feel too bad for yourself, take the quiz below to find if you, too, are part of the cyberbullying problem! Rate yourself on the following point scale according to if, and how many times, you have done the below activities. Give yourself 0 points if you've never done it, 1 point if you have done it 1 or 2 times, 2 points if you have done it 3-5 times, 3 points if you have done it more than 5 times.

#### Have you ever...

- Signed on with someone else's screen name to gather info?
- Sent an e-mail or online greeting card from someone's account?
- Impersonated someone over IM or online?
- Teased or frightened someone over IM?
- Not told someone who you really are online, telling them to "guess"?
- Forwarded a private IM conversation or e-mail without the permission of the other person?
- Changed your profile or away message designed to embarrass or frighten someone?
- Posted pictures or information about someone on a Web site without their consent?
- Created an Internet poll, either over IM or on a Web site, about someone without their consent?
- Used information found online to follow, tease, embarrass or harass someone in person?
- Sent rude or scary things to someone, even if you were just joking?
- Used bad language online?
- Signed someone else up for something online without their permission?
- Used an IM or e-mail address that looked like someone else's?
- Used someone else's password for any reason without their permission?
- Hacked into someone else's computer or sent a virus or Trojan horse to them?
- Insulted someone in an interactive game room?
- Posted rude things or lies about someone online?
- Voted at an online bashing poll or posted to a guestbook saying rude or mean things?

**Now calculate your total score:**

**0 – 5 Points: Cyber Saint**

Congratulations! You're a cyber saint! Your online behavior is exemplary! Keep up the good work!

**6-10 Points: Cyber Risky**

Well, you're not perfect, but few people are. Chances are you haven't done anything terrible and were just having fun, but try not to repeat your behaviors, since they are all offenses. Keep in mind the pain that your fun might be causing others!

**11-18 Points: Cyber Sinner**

You're online behavior needs to be reproached! You have done way too many cyber no-no's! Keep in mind that these practices are dangerous, wrong, and punishable and try to be clean up that cyber record!

**More than 18: Cyber Bully**

Put on the breaks and turn that PC/MAC/text-messaging device around! You are headed in a very bad direction. You qualify, without doubt, as a cyberbully. You need to sign off and think about where that little mouse of yours has been clicking before serious trouble results for you and/or your victim(s), if it hasn't happened already!