

## Resources:

### **We're Kickin' It**

www.werekickinit.org

### **New Mexico State Law Enforcement:**

New Mexico State Police: 505-827-9300

### **Cibola County Law Enforcement:**

Cibola County Sheriff's Department  
505-287-9476

Cuba Police Department: 505-289-9157

Grants Police Department: 505-287-2983

Milan Police Department: 505-287-4491

### **Sandoval County Law Enforcement:**

Sandoval County Sheriff's Department  
505-867-7526

Bernalillo Police Department 505-867-3311

Rio Rancho Police Department 505-891-7226

Corrales Police Department: 505- 897-1277

Jemez Springs Police Department:

575-829-3345

### **Valencia County Law Enforcement:**

Valencia County Sheriff's Department:  
505-866-2400

Belen Police Department: 505-865-7501

Los Lunas Police Department: 505-839-3855

Bosque Farms Police Department:

505-869-2358

## Lemuel L. Martinez

### 13th Judicial District Attorney

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### **Cibola County:**

700 E. Roosevelt Ave. # 30

Grants, New Mexico 87020

(505) 285-4627

### **Sandoval County:**

711 Camino del Pueblo Sur

Bernalillo, New Mexico 87004

(505) 771-7400

### **Valencia County:**

101 S. Main Street #201

Belen, New Mexico 87002

(505) 861-0311

## Cyberbullying



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### **Lemuel L. Martinez**

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Serving: Cibola, Sandoval and

Valencia Counties



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## What is Cyberbullying?

The intentional harassment through the Internet via e-mail, social networking sites, instant messaging or cell phones. Examples of Cyberbullying include:

- ◆ Hacking or stealing a password to a personal online account with the intent of posting or sending compromising information, pictures or videos.
- ◆ Rumors spread through: social networking sites, e-mail or text messaging.
- ◆ The doctoring of photographs to make the subject appear to be in a humiliating or uncomfortable situation.
- ◆ The sending or posting of messages with the intent of engaging a subject's negative emotions.

## What is Distinctive About Cyberbullying?

- ◆ Cyberbullying is not confined to time or location. The taunts, threats, insults and rumors follow an individual home and is accessible all the time.
- ◆ Content posted online has a larger potential audience. Information can be spread quickly with little effort.
- ◆ The duration of torment is lengthened. Messages or photos posted online have the potential to remain online permanently and forever.

## Protecting Your Personal Information

It is important to never share information such as: home addresses, phone numbers, private thoughts and feelings and pictures online. This information could be used by **cyberbullies** to: alter photos, taunt victims about their personal feelings or share private e-mails with others.

- ◆ Limit the personal information you post on social networking sites.
- ◆ Ensure the privacy settings on a particular site are strong.
- ◆ Be leery of strangers or unrecognized names trying to contact or befriend you online.

## Protecting Yourself from Cyberbullying

- ◆ Be sure to change passwords often to ensure the safety of profiles and e-mail addresses.
- ◆ If harassed by phone, change your phone number or have the numbers of the harassers blocked from calling your phone.
- ◆ Save and file all harassing e-mails, chats, messages, posts and tweets as evidence for a report.
- ◆ Do not stay silent, tell a trusted adult about instances of cyberbullying.