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.

____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?

Top 10 Ways to Stop Cyberbullying

Bullying has certainly evolved from the days of after-school fistfights or shakedowns for lunch money. In fact, it has kept up with the times and made the move to emails, texting and social media. And while you may have some notion of the damage caused, statistics show that this is

top 10 ways to shut down online attackers.

1). Tell Someone

According to DoSomething.org, only one in 10 victims tells a trusted adult about online bullying   and yet 68% of teens agree that cyberbullying is a serious problem. Often, this lack of communication stems from embarrassment or fear. Kids worry that telling an adult will make

your kids are being bullied online. Look for practical ways to address the issue, such as involving school administrators or contacting social media sites directly.

2). Keep Everything

In some cases, bullying crosses the line from aggravation to criminal harassment or threats. Izzy Dix, who in September 2013 committed suicide after continual online harassment. Although the police launched an investigation into the incident, law

now obtained records showing a pattern of social media bullying and wants the case reopened.

on the Internet and with their smartphones. In fact, one misconception is that boys are always the aggressors with and girls, the likely victims. However, girls are just as likely as boys to be both victims and bullies. While boys are more likely to threaten, girls focus on emotional abuse -esteem, which can be more damaging.

5). Understand the Scope

Many adults believe social media sites are the likely stages for the bullying behaviors, and 73% of teens harm. Bullying can occur on Facebook, Twitter and Instagram, or through Snapchat, emails and texts coming directly from bullies. And since these phones never far from teen hands, the

d their online behavior to get ahead of any potential threats.

6). Recognize the Signs

A cyberbullied child looks the same as any adolescent