

## Cyberbullying Awareness and Action Tip Sheet

Cyberbullying is a new and pervasive social issue that many adults and teens are not prepared to deal with effectively.

According to the Wired Safety, Cyberbullying,

"is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones."

Students engage in cyberbullying to take revenge out on someone, because they think the victim deserved it, or even just for their own entertainment. In a study of over 6,000 teenage students, the Cyberbullying Research Center found that,

- approximately 33% have been victimized by cyberbullying.
- 56% of cyberbullying takes place in chat rooms.
- 22% of the victims felt sad (sadness can be a precursor to suicide).
- cyberbullying has gender differences with girls more likely to spread rumors and boys are more likely to post hurtful or embarrassing photos or videos.

Every school should have a point person in charge of cyberbullying issues, cyber contracts that students sign, and a policy in place to prevent and address cyberbullying and other cybersafety issues. Educators must first create an environment with their students that show they care about the issue. Conduct activities and conversations in the classroom on the subject and let students know you want to hear from them if there is a cyberbullying or cybersafety issue. When they do speak to you, don't immediately judge them or make assumptions.

If a student is a target of cyberbullying there are some steps they should take.

- 1) Keep all electronic evidence (email, instagram snapshots, chat room chats, Facebook posts, etc.) before deleting offensive content online.
- 2) Don't retaliate.
- 3) Don't keep it a secret from adults who can help.
- 4) File a complaint with the Internet Service Provider such as gmail, aol or the school email accounts, social network site, or mobile phone company.
- 5) Contact the school if the cyberbullying is school related or affecting school.
- 6) Call the police if a threat is made.

Resources for help:

Cyberbullying Research Center: <http://cyberbullying.us/>

Top 10 Tips for Educators:

<http://cyberbullying.us/responding-to-cyberbullying-top-ten-tips-for-educators/>

Teach students the internet golden rule:

[http://stopcyberbullying.org/take\\_action/msparrysguidetonetiquette.html](http://stopcyberbullying.org/take_action/msparrysguidetonetiquette.html)

Top 10 Tips for Parents:

<http://cyberbullying.us/responding-to-cyberbullying-top-ten-tips-for-parents/>

How to report cyberbullying on Instagram:

<http://cyberbullying.us/how-to-report-cyberbullying-on-instagram/>