

Responding to Cyberbullying

Cyberbullying is using a form of technology- internet, online learning platforms, social media, and/or smart devices- to intentionally send hurtful messages or post information to damage people's reputation and friendships.



Be a Digital First Responder

If you see that someone is being cyberbullied or targeted online:

- ❖ **Tell the cyberbully to stop**
 - Let them know it is not ok and that they need to stop
- ❖ **Help the person being cyberbullied.**
 - Post something positive on that persons feed
 - Send a message to them and let them know you are there for them
 - Don't repost the negative posts
- ❖ **Tell a trusted adult.**
 - Parent/Guardian, School Counselor, Teacher, or another adult you trust
- ❖ **Report the bullying to the Social Media platform.**
 - Facebook, Instagram, and Snapchat all reporting guidelines to report bullying or offensive content

Don't Put Yourself at Risk

- ❖ Don't post or send information others could use against you.
- ❖ Watch out for how you are communicating.
- ❖ Be careful not to insult others.
- ❖ Don't hang around places where people treat you badly.

If You Are Being Cyberbullied DON'T RETALIATE!

This only gives the cyberbully a "win" and could make other people think you are part of the problem.

- ❖ **Save the evidence** and try to figure out who the cyberbully is.
- ❖ **Tell the cyberbully to stop:** Calmly and strongly tell the cyberbully to stop and to remove any harmful material or you will take further action.
 - Ignore or block further communications
 - Take threats seriously and get help from an adult immediately
- ❖ **Tell a Trusted Adult:** Get help from your parent/guardian, school counselor, teacher, principal, or another adult you trust
- ❖ **Report the bullying to the Social Media platform.**
 - Facebook, Instagram, and Snapchat all have reporting guidelines to report offensive content

Think Before You Post!

Is it **T**True?
Is it **H**elpful?
Is it **I**nspiring?
Is it **N**ecessary?
Is it **K**ind?

OnlineBizSmarts.com



Student Support Services Department
School Counseling & PLUS Program

Resources and Websites

Report Bullying or Harassment on Social Media Platforms

[Facebook Community Standards on Bullying & Harassment](#)

[How to Report Bullying on Facebook](#)

[Instagram and Bullying Prevention & Reporting Steps](#)

[Snapchat Policy & Reporting Bullying or Harassment](#)

[Twitter Reporting Steps](#)

Bullying

www.stopbullying.gov Tips for kids, teens, and parents, resources for Bullying Awareness Month, educator resources including online training, videos, and lessons

www.olweus.org Website for the research based Olweus Bullying Prevention Program

www.cfchildren.org Website for Committee for Children, researcher for Second Step and Steps to Respect social skills, violence prevention, and bullying prevention curricula

www.circleofriends.org Circle of Friends, an inclusion program for all students with disabilities, bringing understanding and acceptance of differences on school campuses and within the community and decreasing bullying. Resources for chapters and activities.

www.glsen.org Gay Lesbian Straight Education Network website with resources for students and educators on bullying prevention, also research, media center, and tools and tips

<https://www.glsen.org/activity/thinkb4youspeak-guide-educators-grades-6-12> Educator's guide and videos of celebrities standing up to bullying

www.nonamecallingweek.org Celebrated January 20-24, 2020. Get the free activity guide

www.pinkshirtday.ca Canada's Bully Prevention campaign that was inspired by students who wore pink to stand up for a classmate that was ridiculed for wearing pink

Cyber Safety

www.commonsemmedia.org Newsletter, reviews of movies, games, and websites, education, advice on issues, and policy and advocacy. Curriculum and class activities.

www.netsmartz.org Multimedia Internet safety presentations tailored for specific audiences – parents and communities, tweens, teens, and younger children.

www.nsteens.org Tips, videos, and games for teens

www.thatnotcool.com A national public educational initiative to prevent teen dating abuse. "That's Not Cool" focuses on preventing controlling or abusive behavior occurring within the digital universe - online, via cell phone, etc. - and encourages teens to draw their own lines about what is, or is not, acceptable relationship behavior.

www.onguardonline.gov/features/feature-0004-featured-net-cetera-toolkit This website has a free publication called *Net Cetera: Chatting With Kids About Being Online*. OnGuard Online gives adults practical tips to help kids navigate the online world. This site also has Flash Tutorials on using parental safeguards and other on-line safety features.

<https://cyberbullying.org/resources> Cyberbullying research center website with quizzes, research, and info sheets

www.netfamilynews.org Articles for parents and educators on the latest in technology.