Bullying Prevention Newsletter

Cyber-Bullying:
What Students Need to Know

Township High School District 211   2ii   *For Students of Academy-North*

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Cyber-Bullying

Cyber-bullying is defined as the willful and repeated harm or embarrassment inflicted through the use of an electronic device, such as a cell phone or computer. When does "fun" become "fear"? A few seconds on a keyboard can affect someone for a lifetime.

Bullying online is very different from face-to-face bullying because messages and images can be sent 24 hours a day, 7 days a week, 365 days a year.

Examples of cyber-bullying include:

◆ Sending hurtful, rude, or mean text messages

◆ Spreading rumors or lies about others through social networks like Facebook, Twitter, or YouTube

◆ Creating websites, videos or social media profiles that embarrass, humiliate, or make fun of others

◆ Imitating someone else on a social network in an attempt to ignite outrage from peers

◆ Altering or posting embarrassing pictures on line to poke fun at someone

STEP UP SO OTHERS WON'T GET STEPPED ON!

Reports can be made anonymously to report bullying that you have experienced or witnessed by calling **847/755-6700** *or by using the following link:* **http://www.academy-north.org/index.php?option=com_forme&Itemid=88**

WE NEED EVERYONE'S HELP!

The Student Voice: We asked and here is what you said ...

Here are more comments from District 211 students regarding bullying:

"Bullying has become more discreet and indirect. Bullying has sort of relocated to the online spectrum and intimidation is more common online than in person."

"Bullying is a problem … people are sending text messages and posting things on Facebook that hurt, judge, or exclude others based on gossip or rumors, and not enough is being done".

"We need Cyber-Bullying to be taken more seriously!"

QUIZ?

1. If you or someone else is being bullied, how can you report the incident or situation?
   a) Talk to your counselor
   b) Talk to your administrator
   c) Use the anonymous online web link on the school website
   d) All of the above

2. Cyber-bullying includes text, email, social media, and instant messages.
   a) True
   b) False

3. Students who experience cyber-bullying are often bullied face to face as well.
   a) True
   b) False

Answers   1) d   2) a   3) a

Make Cyber-Bullying Stop

If you or someone you know is being cyber-bullied, know that there are things you can do to help yourself and your friends:

• **Talk with someone you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a family member, friend, or another adult that you trust.

• **Do not respond to cyber-bullying.** Sometimes people post or text teasing or name-calling to get a reaction. If someone has posted or sent a message that could be hurtful to others, refuse to pass it along or respond to it.

• **Keep evidence of cyber-bullying.** Record the dates, times and descriptions of instances when cyber-bullying has occurred. Save and print screenshots, e-mails, and text messages.

• **Block the Cyber Bully.** Many websites and phone companies let you block people. Also, cyber-bullying may violate the "Terms and Conditions" of these services. Consider contacting the service provider to file a complaint.

• **Report the incident to your school.** They may be able to help you resolve the cyber-bullying or be watchful for face-to-face bullying.

• **Ask for help.** Talking to a counselor or health professional can help you get through the emotional effects of bullying.

Think before you click!
If you wouldn't say it to their <u>face</u>,
Don't say it on—line.
Delete Cyber—Bullying!

What are school consequences for bullying?

Students determined to have been involved in bullying may face disciplinary consequences up to and including a recommendation of expulsion, as well as possible referral to the police consultant for criminal offenses.

Tips to Avoid Bullying Online

• Do not give out private information like passwords, address, phone number, or family and friends' names online. Bullies or other harmful people can access and use this information on the internet.

• Do not send out a message when you are angry – it is hard to undo things that are sent in anger.

• Set privacy settings on your accounts so you are only sharing information with people you trust. Pay attention to notices from social networks, because sometimes privacy settings change.

• Think before you post! Do not share secrets, photos, or anything that might be embarrassing to you or others. What seems funny or innocent at the time could be used against you. You do not have complete control over what others forward or post.

• When something doesn't seem right, exit the site/end the chat.

• Remember that online conversations are not private. Others can copy, print, and share what you have written or displayed.

RESOURCES

http://www.isafe.org/ This link offers readers information about internet safety foundation identified as i-SAFE. Students can learn more about cyber safety as well as share their own experiences.

http://www.stopbullying.gov/ This site offers numerous resources to teach about bullying and to help put an end to it. Video links are available for children, teens, and adults.

http://www.facebook.com/safety/ This link identifies the philosophy of Facebook and highlights the role of the community to keep everyone safe. Tools and resources are offered for teens, parents, and educators.

http://www.formspring.me/about/safety This link offers helpful safety tips for social media users. Suggestions are provided to Formspring users who are being bullied.

http://support.twitter.com/groups/33-report-a-violation/topics/166-safety-center/articles/470968-safety-parent-and-teen-tips# This link is for teens and parents to help prevent bullying issues on Twitter. Tips are provided for those who may have been harassed online.