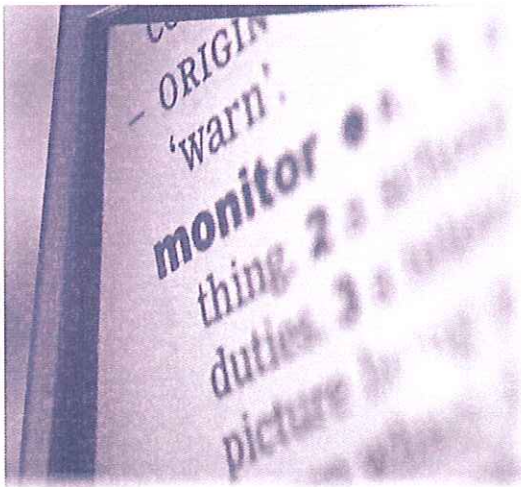


Understanding and Addressing Cyberbullying

A Series of Training Programs for Educators, Administrators and Adult Family Members

For the current generation of teens, e-mailing, IM-ing, text messaging, chatting and blogging are vital means of self-expression and a central part of their social lives. There are increasing reports, however, that many youth are misusing online technologies to bully others.



Did You Know?

Studies of internet-using adolescents indicate that **43%** of young people (over 10 million) have been the targets of cyberbullying and more than **10%** (almost 3 million) have bullied others online.

For some of these youth, online cruelty may be a precursor to more destructive behavior, including involvement in hate groups and bias-related violence.

Contact Us

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Trickery, Trolling and Threats is a 3–6 hour training for middle and high school educators, administrators and student support personnel that increases awareness about the unique features and impact of cyberbullying, provides strategies for educators to respond effectively to cyberbullying, and fosters an increased culture of e-safety among youth. Participants will:

- increase their understanding and awareness about cyberbullying.
- understand how cyberbullying occurs and its unique features and impact.
- explore the connections between cyberbullying, bias-motivated behavior and online hate activities.
- learn strategies for empowering students to respond to cyberbullying.
- be better prepared to foster an increased culture of e-safety.

Cyberbullying: focus on the legal issues is an interactive 2.5 hour training for middle and high school administrators that examines the legal issues related to cyberbullying. Participants will:

- explore key legal and constitutional issues including free speech, privacy, liability and criminal law
- discuss hate crimes and bias incidents in cyberspace
- examine appropriate school responses to cyberbullying and cyberthreats

Youth and Cyberbullying: What Families Don't Know Will Hurt Them

is an interactive 1.5–2 hour training for adult family members that increases understanding about the language, skills, information and challenges associated with cyberbullying. This knowledge will assist families in helping their children/teens respond in appropriate ways to incidents of cyberbullying and in promoting safe and respectful online environments for all people. The program will:

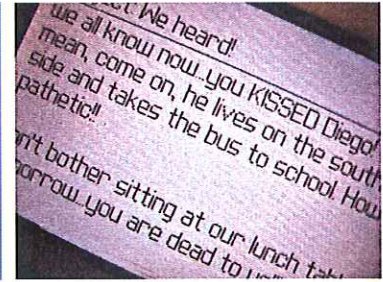
- increase understanding and awareness about the problem of cyberbullying.
- educate and empower adult family members to effectively discuss and respond to their children's/teen's experiences with cyberbullying.
- provide adult family members with the tools/skills needed to educate their children/teens in responding to cyberbullying and in being allies to others.

Program Goals

The overall goals of this program are to promote safety and inclusion in online forums as part of a broader strategy to create safe schools for all youth, and to help create informed student populations who understand the importance of behaving responsibly and respectfully online and who are motivated to challenge cyberbullying in their schools and online communities.

What You Can Do to Respond to Cyberbullying

When a cyberbullying incident occurs, it is important that schools, teens and families work together to minimize the potentially devastating consequences for the targeted individual and the school community as a whole. Following are some ideas on prevention and intervention for administrators, educators, family members and students.



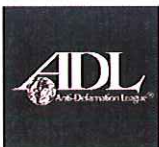
TIPS FOR ADMINISTRATORS AND EDUCATORS

Prevention

- Set clear school guidelines for Internet use
- Teach students about ethical and legal standards for online activities
- Update policies to include guidelines for Internet and cell phone use, and consequences for cyberbullying and online cruelty
- Make reporting of cyberbullying and online hate incidents a requirement
- Establish confidential reporting mechanisms
- Devise supervision and monitoring practices of students' Internet use on school computers
- Educate students about cyberbullying and discuss strategies for reacting to cyberbullying as target and as bystanders
- Promote empathy, ethical decision-making skills and respect among students
- Increase awareness of Internet safety strategies among students and their families

Intervention

- Take action immediately when cyberbullying takes place
- Save the e-mail or other evidence
- Assess the nature and extent of the problem
- Determine appropriate consequences for the perpetrators in accordance with school policies
- Report extremely harmful online speech, such as harassment, stalking or threats of violence, to the police
- Discuss the incident and consequences with the perpetrators' families to establish consistent expectations at home and in school
- Provide social skills education and counseling to perpetrators
- Inform school-based mental health professionals to assist the targets and the targets' families in coping with the impact of the incident



What You Can Do to Respond to Cyberbullying

TIPS FOR FAMILY MEMBERS

Prevention

- Talk to your child about Internet and cell phone safety
- Monitor the amount of time your child spends online
- Set up the computer in the family room or other room where you can supervise your child's Internet use
- Purchase tracking software to block inappropriate Web content and check your child's online activities
- Encourage your child to tell apparent or trusted adult about threatening or harassing messages

Intervention

- Save the evidence
- Protect your child from further bullying by blocking offending e-mail addresses and cell phone numbers
- Change your child's phone number and e-mail address if necessary
- Report cyberbullying incidents to school authorities
- Report extremely harmful online speech to the police
- Report incidents and file complaints with e-mail services, Internet Service Providers, Web sites, cell phone companies, etc.
- Consider canceling services with providers who do not respond adequately to your concerns about safety or harassment

TIPS FOR STUDENTS

- Ignore the bullying; don't prolong it by engaging with the perpetrator or forwarding hateful messages to others
- Save the evidence to show to parents, school administrators and the police, if necessary
- Don't feel shame; tell your parents or a trusted adult and report cyberbullying incidents to school authorities
- Protect yourself from further bullying by blocking offending e-mail addresses and cell phone numbers
- Change phone numbers, e-mail addresses and screen names if necessary

