



CYBERBULLYING

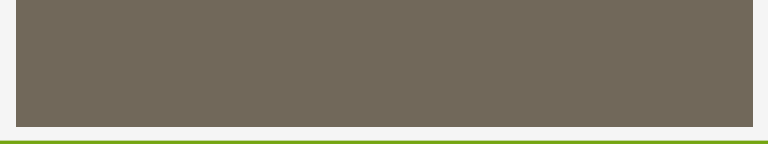
Internet Safety

So what IS cyberbullying???

Cyberbullying is when people are bullied via computers, cellphones, or other digital technology.

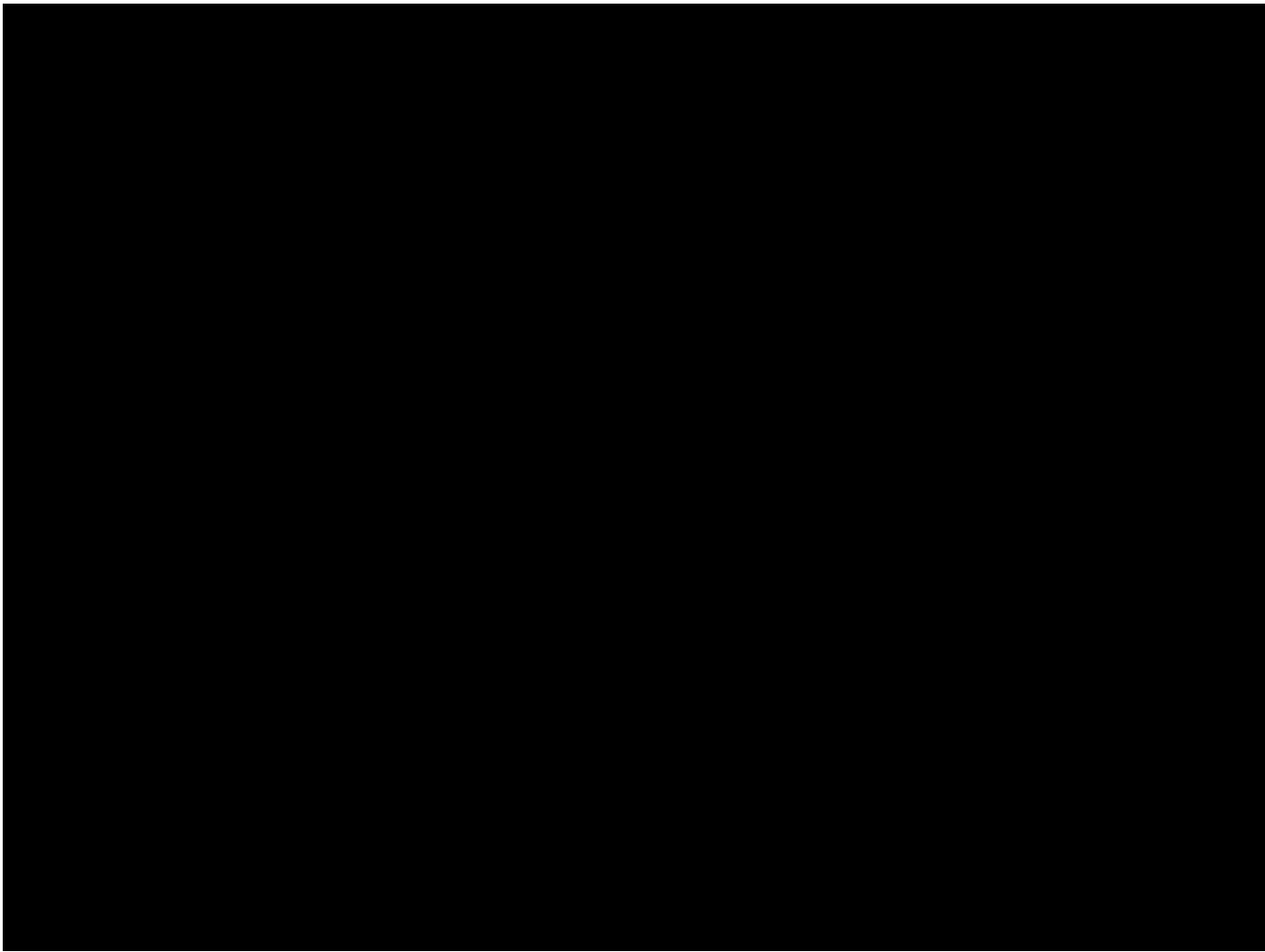
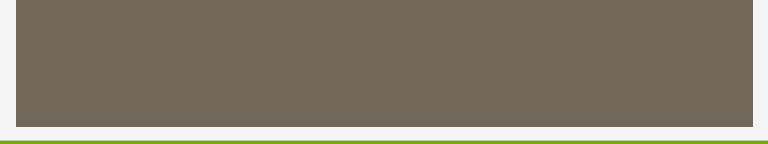
Examples of cyberbullying includes actions such as:

- Pretending they are other people online to trick others
- Spreading lies and rumors about victims
- Tricking people into revealing personal information
- Sending or forwarding mean text messages
- Posting pictures of victims without their consent
- Intentionally excluding someone from an online group



Discussion

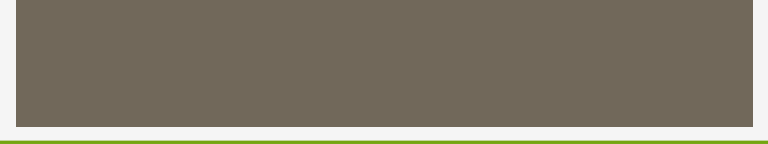
- What do you think Phoebe Prince was thinking and feeling in the lead-up to her death?
- What do you think the bullies wanted to accomplish with their actions?
- What do you consider to be the most hurtful things people could say or do to you?
- What are some reasons people cyberbully? Is it ok to retaliate if someone cyberbullies you?





Bystanders & secondary bullies

- Cyberbullies need an audience (**bystanders**). People who see what they are doing and think that they are clever or cool (or people who pretend to be amused to avoid being the next victim).
- Cyberbullies need **secondary cyberbullies** to play along with them. Remember each time you forward a hurtful, rude, or mean text messages to others or you spread rumors or lies about others by e-mail or on social networks, EVEN IF YOU DIDN'T START IT, that makes you a secondary cyberbully.
- Victims feel very isolated. Reaching out to them and letting them know you think what is happening to them is unfair can be helpful.



Discussion

- What are some examples of ways someone can be a bystander to cyberbullying?
- Why do you think some students are afraid to get involved?
- How can not getting involved add/contribute to the problem?
- What actions could you take if you were a bystander to cyberbullying?
- What are some of the legal consequences of cyberbullying?

"You better be
prepared to get
ripped limb from
***** limb on
Friday night you
big *****."

AUSTIN
NEWS
kxan.com

Q W E R T Y U I O P

Consequences...

Bullying may provide immediate enjoyment, but it doesn't pay in the long run. People who bully have higher rates of:

- Aggression
- Dropping out of High School
- Suicide
- Depression
- Difficulty controlling their emotions

People who are cyberbullied have a higher risk of depression and anxiety, including the following symptoms, that may persist into adulthood:

- Increased feelings of sadness and loneliness
- Changes in sleep and eating patterns
- Loss of interest in activities
- Have increased thoughts about suicide – BUT these can decrease when problems are shared
- Are more likely to have health complaints
- Have lower GPA and standardized test scores
- Are more likely to miss, skip, or drop out of school
- Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Discussion

- What are common responses that victims make when they are cyberbullied?
- What are some reasons that cyberbully victims are reluctant to seek help from adults?

What should you do if you've been cyberbullied?

- Talk with an adult you trust
- Do not respond to cyberbullying or retaliate by cyberbullying
- Keep evidence of cyberbullying. Record the dates, times and descriptions of instances when cyberbullying has occurred. Save and print screenshots, e-mails, and text messages.
- Block the person who is cyberbullying you.
- Report the incident to your school
- Notify police if there is a threat of violence, harassment, stalking or child pornography

Things to remember...

- Set privacy settings on your accounts
- Only give your cell phone number to people you trust
- Don't share private information with ANYONE!!!

