

# Cyber-Bullying: Suggestions for Schools

- ▶ **Update Policies:** Have a Cyber-bullying policy and update your AUP to align with this policy. Clearly spell out definition and consequences. Print in student handbook violations, board policies.
- ▶ **Form Technology Abuse Committee:** This committee is part of the Safe School Committee and it should include the technology people and non-tech savvy personnel. The combination will make the team stronger and get the message across teams within the school. This team will heighten awareness, survey students and staff, and review complaints.
- ▶ **Professional Development:** Train the staff on cyber-bullying and make them aware of the seriousness of this action.
- ▶ **Teach the Students:** Use a comprehensive curriculum to teach internet safety K-12.
- ▶ **Inform the Parents:** Hold a parent night or send home information about cyber-bullying. Solicit their help in this battle to stop cyber-bullying at school and at home.
- ▶ **Monitor Computer Usage:** Along with filtering more monitoring should occur at school. Each teacher needs to assist with this task.
- ▶ **Evaluate Survey and Violation Data:** Annually check the data to assess the gains made in lessening the cyber-bullying problem in your school. If your plan is working successful continue, if the problem is escalating “beef-up” the policies, make sure you are being consistent with violators. Heighten awareness and use the newspaper, newsletters and webpage to get the information to your parents and community.


## Fact


- ▶ Cyber-bullying is a serious issue and the Internet’s “Virtual Society” is not going away. We have to learn to live in it as responsible global cyber-citizens.

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 (877) 805-4277

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- ▶ **Contact the police immediately if known or suspected cyber-bullying involves acts such as:**
  - ▶ Threats of violence
  - ▶ Extortion
  - ▶ Obscene or harassing phone calls or text messages
  - ▶ Harassment, stalking, or hate crimes
  - ▶ Child pornography

### Surf Smart

- ▶ Explore the internet with skill and direction!

### Share Less

- ▶ Keep your personal information private!

### Think First

- ▶ Interact online appropriately!

**Remember... long-term effects of cyber-bullying include:**

- ▶ Poor academic performance
- ▶ Anxiety and loss of interest in socializing
- ▶ Aggression or violence toward others
- ▶ Depression and suicidal thoughts

Resource: U.S. Department of Health and Human Services  
<http://stopbullyingnow.hrsa.gov>

## Survey Says


- ▶ Reports of cyberbullying are highest among middle school students, followed by high school students, and then primary school students (Centers for Disease Control, 2019)

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