

What is Cyber Bullying?

Cyber Bullying is:

- Using the power of technology to hurt others.
- Expressing offensive words that you might not feel comfortable expressing face-to-face.

Acts of Cyber Bullying include:

Messages that bring people down and lower self esteem using any of the following social media outlets:

Text Messages

Email

Facebook

Twitter

MySpace



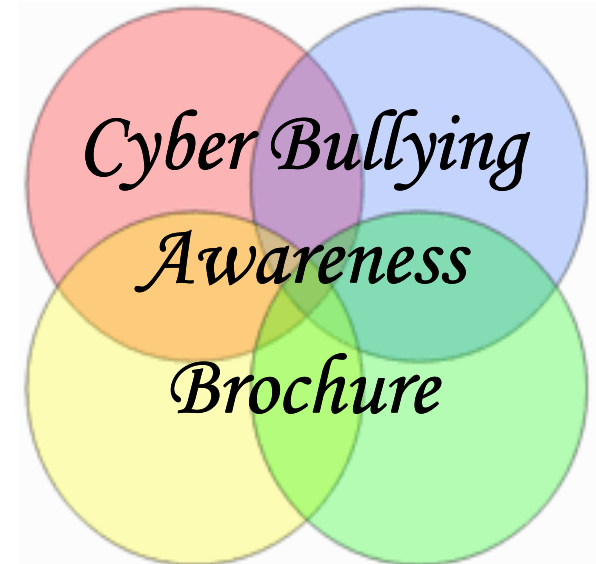
The ideas in this brochure were developed by the **STUDENTS** of Morrice Jr/Sr High School on December 20, 2011 in an effort to help their school!



Morrice Area Schools

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***It Takes Character to
Wear This ORANGE!***



*Produced By:
The Students of
Morrice Jr/Sr High School*

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What are the signs of Cyber Bullying?

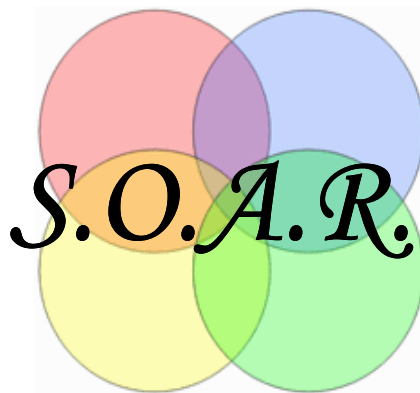
- Lots of messages about person on Facebook
- Dropping Friend Status
- Negative posts
- Hacking someone's account or using it without permission
- Fake websites or pictures about someone
- Posting pictures or videos about someone
- Victims may remove themselves from situations or conversations
- Depression
- Unusual behavior

Unfortunately it is not always easy to tell when a student is being bullied. That is why it is very important to talk with students and monitor electronic communications.

What we can do to stop Cyber Bullying?

Students:

- Treat others the way you want to be treated
- Stand up for others and self
- Don't internalize insults
- Tell an adult
- Don't ignore
- Don't retaliate
- Don't respond to or forward messages that are an attempt to bully
- Unfriend or block cyber bullies
- Talk person-to-person in a calm polite manner
- Keep evidence
- Be careful with whom or how you share personal information



Parents:

- Pay attention to and talk with your child
- Be in your child's life, educate them to do the right thing
- Serve as a positive example
- Teach kids about cyber bullying
- Educate yourself on cyber bullying and technology uses
- Talk to other parents and work together to stop bullying
- Don't feed the fight
- Inform the school or police department
- Monitor Facebook accounts or don't allow accounts
- Limit computer "free-time"
- Support your child and stay calm when talking with child

School:

- Teach students about diversity, bullying and cyber bullying
- Educate on proper usage and protection
- Continue Diversity Days
- Be a positive example
- Treat cyber bullying like "real" bullying
- Don't allow cell phones during the day
- Monitor the use of school equipment
- Take away privileges if school equipment is used inappropriately
- Watch hallways more closely
- Develop positive relationships with students to help understand the problem
- Talk with students one-on-one and not in front of classmates