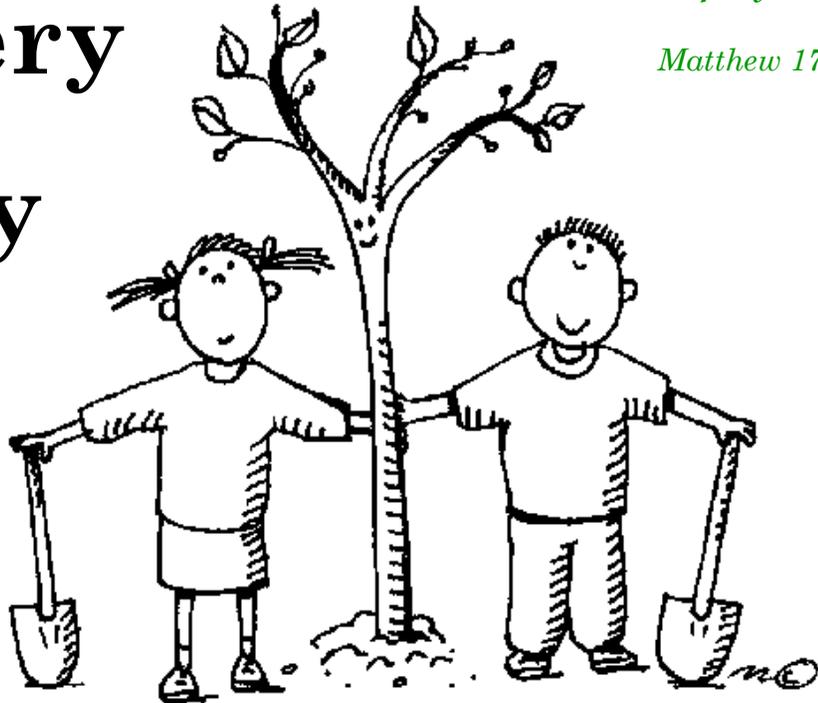


Safe
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Every
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*“If you have faith
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to this mountain,
‘Move from here
to there,’ and it
will move.
Nothing will be
impossible
for you.”*

Matthew 17(20)



Diocese of Springfield

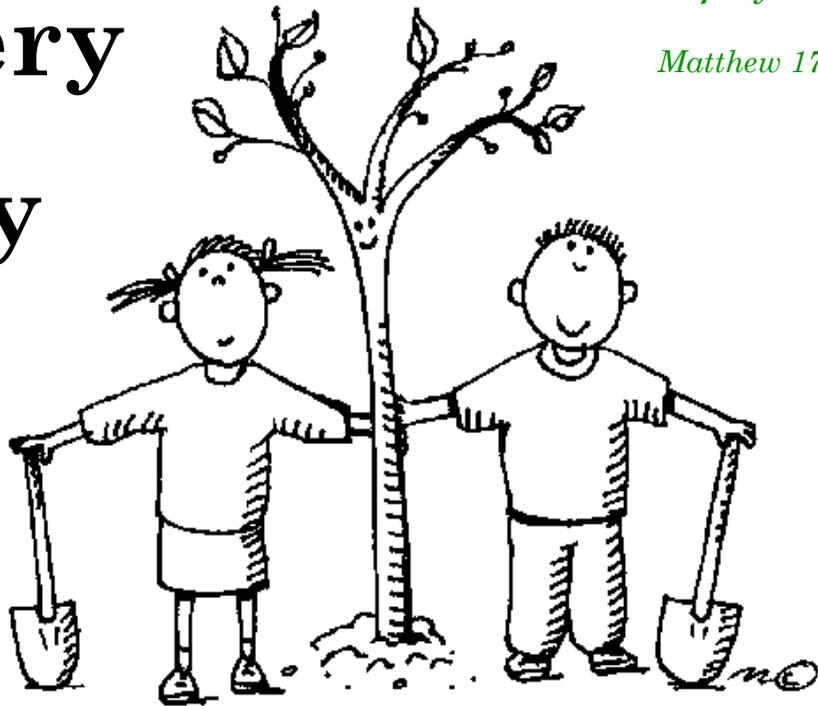
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Second Grade

Bullying Is a Big Deal:

Information for Kids and Their Helpers

Bullying is a big problem that affects lots of kids. It can make kids feel hurt, scared, sick, lonely, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, threaten, tease, or scare them. A bully might say mean things about someone, grab a kid’s stuff, make fun of someone, or leave a kid out of the group on purpose. Some bullies threaten people or try to make them do things they don’t want to do. Many people who act like this don’t think they are bullies!

Bullying can make kids not want to play outside or go to school. It’s hard to keep your mind on schoolwork when you’re worried about how you’re going to deal with the bully near your locker. Bullying bothers everyone — and not just the kids who are getting picked on. Bullying can make school a place of fear and can lead to more violence and more stress for everyone.

Why Do Bullies Act That Way?

Some bullies are looking for attention. They might think bullying is a way to be popular or to get what they want. Most bullies are trying to make themselves feel more important. When they pick on someone else, it can make them feel big and powerful.

Some bullies come from families where everyone is angry and shouting a lot of the time. They may think that being angry, calling names, and pushing people around is a normal way to act. Some bullies are copying what they’ve seen someone else do.

Sometimes bullies know that what they are doing or saying hurts other people. But other bullies may not really know how hurtful their actions can be. Most bullies don't understand or care about the feelings of others.

Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have the power they want. Sometimes bullies pick on someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all.

Bullying: How to Handle It

So now you know that bullying is a big problem that affects a lot of kids, but what do you do if someone is bullying you? Our advice falls into two categories: preventing a run-in with the bully, and what to do if you end up face-to-face with the bully. This advice is also for people who want to help other kids by preventing bullying. Being an anti-bullying friend is way better than standing by and watching, walking away, or—worse!—joining in.

Some Ways to Prevent Run-In With a Bully

Don't give the bully a chance. As much as you can, avoid the bully. But think is not a solution if you find yourself scared, running and hiding like a mouse being chased by a cat, or feeling worse. If you try to handle it on your own this way, the person might not bother you anymore. But the bully might think it's a fun game—for the bully! It can be more helpful for you to find kids you like who will help stand up to bullying behavior.

Stand tall and be brave. When you're scared of another person, you're probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. How does a brave person look and act? Stand tall and you'll send the message: "Don't mess with me." It's easier to feel brave when you feel good about yourself. See the next tip!

Feel good about you. Nobody's perfect, but what can you do to look and feel your best? Join clubs or groups with other people who like the same things you do.

Get a buddy (and be a buddy). Two is better than one if you're trying to avoid being bullied. Make a plan to walk with a friend or two on the way to school or recess or lunch or wherever you think you might meet the bully. Offer to do the same if a friend is having bully trouble. Get involved if you see bullying going on in your school — tell an adult, stick up for the kid being bullied, and tell the bully to stop.

Get Help from a Grown-Up. Asking for help is not tattling. Talk to a parent, teacher or grown-up friend about what to do. Sometimes adults don't know that what's happening is scary and wrong, because it's kept secret or because they think "it's normal kid stuff." Find someone who has good ideas and will help you. If the grown-up says, "Just ignore it," and you know that won't help, keep asking for different ideas and plans.

If the Bully Says or Does Something to You

Stand up for yourself. Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Look the bullying person in the eye. Use their name: "Cut it out, Melissa!" Then leave. Kids also can stand up for each other by telling a bully to stop teasing or scaring someone else, and then walk away together. If a bully wants you to do something that you don't want to do — say "no!" and walk away. If you do what a bully says to do, they will likely keep bullying you. Bullies tend to go after kids who don't stick up for themselves.

Don't bully back. Don't hit, kick, or push back to deal with someone bullying you or your friends. Fighting back just satisfies a bully and it's dangerous, too, because someone could get hurt. You're also likely to get in trouble. It's best to stay with others, stay safe, and get help from an adult.

Don't show your feelings. Plan ahead. How can you stop yourself from getting angry or showing you're upset? Try distracting yourself (counting backwards from 100, spelling the word 'turtle' backwards, etc.) to keep your mind occupied until you are out of the situation and somewhere safe where you can show your feelings. Humor helps, too. Sometimes a joke or a casual attitude will help.

Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and go and tell them what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying. Sometimes bullies stop as soon as a teacher finds out because they're afraid that they will be punished. This is not tattling--it helps when people speak up against violence.

What Happens to Bullies?

In the end, most bullies wind up in trouble. If they keep acting mean and hurtful, sooner or later they may have only a few friends left — usually other kids who are just like them. The power they wanted slips away fast. Other kids move on and leave bullies behind.

Some kids who bully blame others. But every kid has a choice about how to act. Some kids who bully realize that they don't get the respect they want by threatening others. They may have thought that bullying would make them popular, but they soon find out that other kids just think of them as trouble-making losers.

The good news is that kids who are bullies can learn to change their behavior. Teachers, counselors, and parents can help. So can watching kids who treat others fairly and with respect. Bullies can change if they learn to use their power in positive ways. In the end, whether bullies decide to change their ways is up to them. Some bullies turn into great kids. Some bullies never learn.

But no one needs to put up with a bully's behavior. If you or someone you know is bothered by a bully, talk to someone you trust. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Tell someone about it and keep telling until something is done.

What If You Are the One Acting Like a Bully?

That's an excellent question, because there's help for you, too. Think about what you are getting out of acting mean, and what you might be missing out on. Most kids think bullies are uncool. Maybe bothering other kids helps you feel important for a little while, but it doesn't bring you true friends. Maybe you're sick of getting into trouble. Luckily, there are lots of people in your school, church, and community who will help you. Most teachers, counselors, and youth leaders want every kid to feel important and respected—and that includes you. Find someone to talk to who can help you figure out better ways to get what you need. Changing your behavior can be hard, but it's usually easier to live in a place that is safe, friendly and fun.

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Peer-to-Peer Abuse: Prevention and Intervention Handouts for Kids

Look on the website for more info and help - <http://stopbullyingnow.hrsa.gov/kids/>

Are You Being Bullied?

So you're being bullied, huh? That can feel pretty awful. But, no matter how bad it makes you feel sometimes, you should know you're not alone. That's right ... there are plenty of kids all over the world who go through the same things you do every day. And, even though you may feel helpless sometimes, there are a lot of things you and others can do to help stop the bullying. Give these tips a try.

Always tell an adult. It's hard to talk about serious things with adults sometimes, but they can help put a stop to bullying. Tell an adult that you trust and can talk to — your parents, your teacher, your school counselor, your coach, your neighbor. If you've told a grown-up before and they haven't done anything about it, tell someone else. And if you're afraid to tell an adult that you have been bullied, get another person, like a friend or a sister or brother, to go with you. Having someone else there to support you can make it a lot less scary. Tell the adults exactly what has happened — who did the bullying, where and when it happened, how long it's been happening to you, and how it's making you feel. If you talk with an adult at your school, ask them what they will do to help stop the bullying. It is their job to help keep you safe. Most adults really care about bullying and will do everything they can to help you.

Stay in a group. Kids who bully like to pick on kids who are by themselves a lot—it's easier and they're more likely to get away with their bad behavior. If you spend more time with other kids, you may not be an easy “target” and you'll have others around to help you if you get into a difficult situation!

If it feels safe, try to stand up to the person who is bullying you. If the person who is bullying you thinks you won't do anything about it, they are more likely to keep picking on you. This doesn't mean you should fight back or bully them back. Instead, tell the person bullying you that you don't like it and that they should stop! Keep it simple. You might just say, “Cut it out, Miranda!”, and then walk away. If

possible, try to talk to them in a calm voice. Kids who bully often like to see that they can make you upset. If you're afraid to talk to the person who is bullying you by yourself, then you might want to ask someone else to be there with you. Kids who bully are more likely to listen, and less likely to bully you, when you're with someone and not alone. If you're not comfortable standing up to someone who has bullied you, that's definitely okay! Just walk away. But be sure to tell an adult.

If you are being bullied online, don't reply. This may actually make the bullying worse. Instead, be sure to tell a family member or another adult you trust. If possible, block any more communications from this person. (For example, it might be a good idea only to accept messages from people you know.) Save evidence of the bullying. If you get a nasty e-mail, print it out or save it so that you can show it to an adult.

Join clubs or take part in activities where you'll meet other kids. Sometimes, it can help to join clubs or take part in activities that interest you. Think about joining a sports team, taking an art class, or joining a scouting group, for example. You can meet other kids who share your interests and you might make some good friends!

What NOT To Do If You Are Bullied

DON'T...

- Think it's your fault. Nobody deserves to be bullied!
- Fight back or bully a person back. This probably won't make things any better and it might get you into big trouble. Besides, you should try to act better than the person who bullies you.
- Keep it to yourself and just hope the bullying will "go away." It's normal to want to try to ignore bullying and hope that it will stop—or hope that the person will start to pick on someone else. But, often, bullying won't stop until adults and other kids get involved. So, be sure to report the bullying.
- Skip school or avoid clubs or sports because you're afraid of being bullied.
- Miss out on school or activities that you enjoy isn't the answer. You have a right to be there!
- Think that you're a "tattle tale" if you tell an adult that you've been bullied. Telling is NOT tattling! It's the right thing to do.
- Hurt yourself. Some kids who are bullied get so sad and depressed that they may try to hurt themselves because they think there is nothing else they can do. This definitely isn't the answer. Talk with an adult immediately and tell them how you are feeling. They can help stop the bullying.

Do You Witness Bullying? Are You a Bystander?

So, you aren't someone who bullies others, and you haven't been bullied yourself. But if you see it happening to others, you can help put a stop to it. In order to stop bullying, everyone needs to lend a hand and get involved! And even though it might

be easier to stand by and watch (or try to ignore the bullying), just remember, we all need a little help from time to time! Think about how you might feel if the bullying was happening to YOU. There are all kinds of great things you can do to help. So the next time you see someone being bullied, try one (or more) of these ideas and make a real difference!

Report the bullying to an adult. Many kids who are bullied are scared to tell an adult about it (especially a teacher or principal), because they are afraid the person bullying them will find out and the bullying will just get worse. That's where you come in. Even if it's a little scary for you to tell an adult about bullying that you see, it's the right thing to do. It's not tattling – you're helping someone out. Who should you tell? You could tell your teacher, school counselor, school nurse, parents, coach, or any adult you feel comfortable talking with. It might be a little less scary if you ask a friend to go along with you. Be sure to tell the adult exactly what happened – who was bullied, who did the bullying, and where and when it happened. If you're not sure if another kid is being bullied but you think they probably are – it's good to report that, too. Most adults really care about bullying and will be VERY glad that you told them about it. If you told an adult and you don't think they did anything about the bullying (or if it isn't getting any better), find another adult to tell.

Support someone who is being bullied. Sometimes the best thing you can do for a person who is being bullied is just to be there for him or her and be a friend. Whether this means agreeing to walk home with him after school, sitting with him on the bus or at lunch, trying to include him in your school or social activities, or just spending some time with him or her and trying to understand what he is going through, it will make a huge difference! Although these may seem like small things to you, they will show a kid who is being bullied that you care about them and the problems they are facing. And that can be a BIG help!

Stand up to the person doing the bullying. If you feel safe doing this, tell a person who is bullying that what he or she is doing is wrong and that he or she should stop. Keep it simple. You could just say, "Ben, cut it out. Nobody thinks that's funny." If you can, get some friends to join you. When kids who bully see that other kids don't think it's cool, they are more likely to stop. Just be sure you don't bully them back! It's not easy to stand up to kids who may be bigger and stronger than you or really popular, so if you're not comfortable doing this, that's OK. (But be sure to tell an adult!)

Do You Bully?

If you bully others, we're glad you're here. Maybe you're not sure—here's a hint: If you are hurting or threatening others in some way and using your size, strength or popularity to do it ... you're probably bullying someone!

Hey--let's face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. But that's not enough. Trying to find out what you should do to change the way you're acting ... now that's a step in the right direction! So check out these tips ... they'll help you to start treating others with the respect they deserve.

Think about what you're doing ... and how it affects others. If you think calling others names is really harmless, or if you think pushing, hitting or stealing from other kids is funny, you've forgotten what it feels like to be hurt yourself! Teasing, hitting, keeping others out of a group--all of these things harm someone. All of us have been hurt at one time or another and we all know how it feels--awful! So the next time you are about to bully someone:

- Put yourself in **their** shoes
- Think about how it must make **them** feel
- And just don't do it.

Talk to an adult. Making other people feel bad should never make you feel good. If it does, or if you're not really sure why you bully other kids, you need to talk to an adult about it. Even though you might think an adult won't understand, or that you'll get yourself into trouble, they can help! Whether it is your parent, a teacher or another trusted grown-up, you should tell an adult how you've been acting so that they help you deal with it. School counselors are also great people to talk to about how you feel and how to change the way you treat others.



Anti-bullying Internet resources for children and caring adults

<http://stopbullyingnow.hrsa.gov/kids/>

<http://www.thatsnotcool.com/>

<http://www.childluresprevention.com>

<http://www.bullies2buddies.com/>

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Matthew 17(20)*

Peer-to-Peer Abuse: Prevention and Intervention Handouts for Concerned Adults

ALL ABOUT BULLYING

What Is the Definition of Bullying?

Bullying is aggressive behavior that is intentional, repeated over time, and involves an imbalance of power or strength. A child who is being bullied has a hard time defending himself or herself.

What Does Bullying Look Like?

Bullying can take many forms such as:

- Physical bullying, such as hitting or punching
- Verbal bullying, such as teasing or name-calling
- Nonverbal or emotional bullying, such as intimidating someone through gestures or social exclusion

Children and youth also may be involved in cyberbullying, which occurs when children or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, email, or instant messages
- Posting nasty pictures or messages about others in blogs or on Web sites
- Using someone else's user name to spread rumors or lies about someone

Who Is Bullied?

Studies show that between 15-25% of U.S. students are bullied with some frequency (“sometimes or more often”) while 15-20% report that they bully others with some frequency. (*Melton et al, 1998; Nansel et al, 2001*)

Boys are more likely than girls to bully others.

Girls frequently report being bullied by both boys and girls, but boys are most often bullied only by other boys.

What are the consequences of bullying? Children and youth who are bullied are more likely than other children to be depressed, lonely, anxious; have low self-esteem, feel unwell, and think about suicide.

How aware of bullying are adults? Adults are often unaware of bullying problems. In one study, 70% of teachers believed they intervene “almost always” in bullying situations; only 25% of students agreed with this assessment. (*Charach et al, 1995*)

Can Adults Bully Children?

It is important to remember that not only do children bully each other, but adults can bully children, too. For example, a study of urban elementary school teachers in the U.S. (*Twemlow et al., 2006*) found that 40% admitted that they had bullied a student, and 3% said they did so “frequently.” A Norwegian study of 2,400 students in grades 6-9 found that 2% of students had been victims of teacher bullying (*Olweus, 2005*). Adults must not only be watchful for signs of bullying among the children and youth that they work with, but they should also be sensitive to possible bullying of children by adults, as well.

References for Articles Cited Above:

- **McEvoy, A.** (September, 2005). *Teachers who bully students: Patterns and policy implications*. Paper presented at the Hamilton Fish Institute’s Persistently Safe Schools Conference. Philadelphia, PA, September 11-14, 2005.
- **Olweus, D.** (1996). *Bullying of students by teachers*. Bergen, Norway.
- **Twemlow, S. W., Fonagy, P. ., Sacco, F. C., & Brethour, J. R., Jr.** (2006). Teachers who bully students: A hidden trauma. *International Journal of Social Psychiatry*, 52, 187-198.

<http://stopbullyingnow.hrsa.gov/kids>

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CYBERBULLYING

Bullying is aggressive behavior that is intentional and involves an imbalance of power or strength. Usually, it is repeated over time. Traditionally, bullying has involved actions such as: hitting or punching (physical bullying), teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. In recent years, technology has given children and youth a new means of bullying each other.

Cyberbullying, which is sometimes referred to as online social cruelty or electronic bullying, can involve:

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information about another person
- Pretending to be someone else in order to make that person look bad
- Intentionally excluding someone from an online group (Willard, 2005)

Children and youth can cyberbully each other through:

- Emails
- Instant messaging
- Text or digital imaging messages sent on cell phones
- Web pages
- Blogs
- Chat rooms or discussion groups
- Other information communication technologies

How Common Is Cyberbullying?

Although little research has been conducted on cyberbullying, recent studies have found that:

- 18% of students in grades 6-8 said they **had been cyberbullied** at least once in the last couple of months; and 6% said it had happened to them 2 or more times (Kowalski et al., 2005).
- 11% of students in grades 6-8 said they **had cyberbullied** another person at least once in the last couple of months, and 2% said they had done it two or more times (Kowalski et al., 2005).
- 19% of regular Internet users between the ages of 10 and 17 reported being involved in online aggression; 15% had been aggressors, and 7% had been targets (3% were both aggressors and targets) (Ybarra & Mitchell, 2004).
- 17% of 6-11 year-olds and 36% of 12-17-year-olds reported that someone said threatening or embarrassing things about them through email, instant messages, web sites, chat rooms, or text messages (Fight Crime: Invest in Kids, 2006).
- Cyberbullying has increased in recent years. In nationally representative surveys of 10-17 year-olds, twice as many children and youth indicated that they had been victims and perpetrators of online harassment in 2005 compared with 1999/2000 (Wolak, Mitchell, & Finkelhor, 2006).

Who Are The Victims and Perpetrators of Cyberbullying?

In a recent study of students in grades 6-8 (Kowalski et al., 2005):

- Girls were about twice as likely as boys to be victims and perpetrators of cyber bullying.
- Of those students who had been cyberbullied relatively frequently (at least twice in the last couple of months):
 - 62% said that they had been cyberbullied by another student at school, and 46% had been cyberbullied by a friend.
 - 55% didn't know who had cyberbullied them.
- Of those students who admitted cyberbullying others relatively frequently:
 - 60% had cyberbullied another student at school, and 56% had cyberbullied a friend.

What Are the Most Common Methods of Cyberbullying?

In studies of middle and high school students, (Fight Crime: Invest in Kids, 2006; Kowalski et al., 2005; Wolak, Mitchell, & Finkelhor, 2006) the most

common way that children and youth reported being cyberbullied was through instant messaging. Somewhat less common ways involved the use of chat rooms, emails, and messages posted on Web sites. A study of younger children (Fight Crime: Invest in Kids, 2006) showed that they were most often bullied through email, comments on a Web site, or in a chat room.

Where Are Children and Youth Cyberbullied?

In a telephone survey of preteens (6-11 year-olds) and teens (12-17 year-olds) (Fight Crime: Invest in Kids, 2006):

- 45% of preteens and 30% of teens who had been cyberbullied received the messages while at school.
- 44% of preteens and 70% of teens who had been cyberbullied received the messages at home.
- 34% of preteens and 25% of teens who had been cyberbullied received the messages while at a friend's house.

Do Children Tell Others If They Are Cyberbullied?

According to one telephone survey of preteens and teens (Fight Crime: Invest in Kids, 2006):

- 51% of preteens but only 35% of teens who had been cyberbullied had told their parents about their experience.
- 27% of preteens and only 9% of teens who had been cyberbullied had told a teacher.
- 44% of preteens and 72% of teens who had been cyberbullied had told a friend.
- 31% of preteens and 35% of teens who had been cyberbullied had told a brother or sister.
- 16% of preteens and teens who had been cyberbullied had told no one.

How Does Cyberbullying Differ From Other Traditional Forms of Bullying?

Available research and experience suggest that cyberbullying may differ from more “traditional” forms of bullying in a number of ways (Willard, 2005), including:

- Cyberbullying can occur any time of the day or night.
- Cyberbullying messages and images can be distributed quickly to a very wide audience.

- Children and youth can be anonymous when cyberbullying, which makes it difficult (and sometimes impossible) to trace them.

What Can Adults Do To Prevent and Address Cyberbullying?

Adults may not always be present in the online environments frequented by children and youth. Therefore, it is extremely important that adults pay close attention to cyberbullying and the activities of children and youth when using these newer technologies.

Suggestions for Parents: Tips To Help Prevent Cyberbullying:

- Keep your home computer(s) in easily viewable places, such as a family room or kitchen.
- Talk regularly with your child about online activities that he or she is involved in.
 - Talk specifically about cyberbullying and encourage your child to tell you immediately if he or she is the victim of cyberbullying, cyberstalking, or other illegal or troublesome online behavior.
 - Encourage your child to tell you if he or she is aware of others who may be the victims of such behavior.
 - Explain that cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- Although adults must respect the privacy of children and youth, concerns for your child's safety may sometimes override these privacy concerns. Tell your child that you may review his or her online communications if you think there is reason for concern.
- Consider installing parental control filtering software and/or tracking programs, but don't rely solely on these tools.

Tips for Dealing With Cyberbullying That Your Child Has Experienced:

Because cyberbullying can range from rude comments to lies, impersonations, and threats, your responses may depend on the nature and severity of the cyberbullying. Here are some actions that you may want to take after-the-fact.

- Strongly encourage your child not to respond to the cyberbullying.
- Do not erase the messages or pictures. Save these as evidence.
- Try to identify the individual doing the cyberbullying. Even if the cyberbully is anonymous (e.g., is using a fake name or someone else's

- identity) there may be a way to track them through your Internet Service Provider. If the cyberbullying is criminal (or if you suspect that it may be), contact the police and ask them to do the tracking.
- Sending inappropriate language may violate the “Terms and Conditions” of email services, Internet Service Providers, Web sites, and cell phone companies. Consider contacting these providers and filing a complaint.
 - If the cyberbullying is coming through email or a cell phone, it may be possible to block future contact from the cyberbully. Of course, the cyberbully may assume a different identity and continue the bullying.
 - Contact your school. If the cyberbullying is occurring through your school district’s Internet system, school administrators have an obligation to intervene. Even if the cyberbullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyberbullying or be watchful for face-to-face bullying.
 - Consider contacting the cyberbully’s parents. These parents may be very concerned to learn that their child has been cyberbullying others, and they may effectively put a stop to the bullying. On the other hand, these parents may react very badly to your contacting them. So, proceed cautiously. If you decide to contact a cyberbully’s parents, communicate with them in writing — not face-to-face. Present proof of the cyberbullying (e.g., copies of an email message) and ask them to make sure the cyberbullying stops.
 - Consider contacting an attorney in cases of serious cyberbullying. In some circumstances, civil law permits victims to sue a bully or his or her parents in order to recover damages.
 - Contact the police if cyberbullying involves acts such as:
 - Threats of violence
 - Extortion
 - Obscene or harassing phone calls or text messages
 - Harassment, stalking, or hate crimes
 - Child pornography

If you are uncertain if cyberbullying violates your jurisdiction’s criminal laws, contact your local police, who will advise you.

Suggestions For Educators

- Educate your students, teachers, and other staff members about cyberbullying, its dangers, and what to do if someone is cyberbullied.
- Be sure that your school’s anti-bullying rules and policies address cyberbullying.
- Closely monitor students’ use of computers at school.

- Use filtering and tracking software on all computers, but don't rely solely on this software to screen out cyberbullying and other problematic online behavior.
- Investigate reports of cyberbullying immediately. If cyberbullying occurs through the school district's Internet system, you are obligated to take action. If the cyberbullying occurs off-campus, *consider what actions you might take* to help address the bullying:
 - Notify parents of victims and parents of cyberbullies of known or suspected cyberbullying.
 - Notify the police if the known or suspected cyberbullying involves a threat.
 - Closely monitor the behavior of the affected students at school for possible bullying.
 - Talk with all students about the harms caused by cyberbullying. Remember — cyberbullying that occurs off-campus can travel like wildfire among your students and can affect how they behave and relate to each other at school.
 - Investigate to see if the victim(s) of cyberbullying could use some support from a school counselor or school-based mental health professional.
- Contact the police immediately if known or suspected cyberbullying involves acts such as:
 - Threats of violence
 - Extortion
 - Obscene or harassing phone calls or text messages
 - Harassment, stalking, or hate crimes
 - Child pornography

References

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