ABC’s of Cyber Bullying for Students
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http://www.cyberbullyhelp.com

A  Avoid posting or sending mean comments toward others online.

B  Block the senders who repeatedly send nasty comments or messages to you.

C  Clarify the intent of a message that bothers you. Maybe the sender was just joking.

D  Delete mean messages or comments, but be sure to save the evidence should the cyber bullying continue.

E  Encourage your friends to post positive comments and messages online.

F  Forward abusive messages to the internet service provider so that it can warn the abuser.

G  Generate a positive cyber atmosphere by avoiding disrespectful treatment of others.

H  Help others who are targeted by posting positive or encouraging messages.

I  Invite a classmate who has been targeted online to participate in an activity with you.

J  Join with others to stamp out cyber bullying by addressing it in student leadership groups.

K  Keep a record or log of cyber bullying incidents to assist you in reporting the incidents.

L  Limit the “friends” on your social networking sites or buddy lists to people you know in the real world.
Make a public service announcement or start a campaign in your school to prevent cyber bullying.

Name aggressive, mean, online behavior as cyber bullying when you see it. It is not just “playing around.”

Open your eyes to bullying incidents everywhere.

Protect yourself by using the privacy features on social networking sites.

Quickly report cyber bullying that includes threats of violence or self-harm, sexual exploitation, or harassment. Report to a trusted adult or the police.

Respect others in the real world and the digital world.

Support targets of bullying online and in the real world through words of support and offers of help.

Tell an adult at home and at school if you or your classmates are being cyber bullied.

Understand how words can be weapons and choose yours wisely.

Verify with the sender that it is okay before you forward their message to others.

Write an article for the school newspaper about cyber bullying to educate other students about this problem.

“X” amine your own behavior online. Treat others as you would like to be treated.

Yelling online is viewed as rude. Avoid typing in all caps.
Zip your lips and your keyboard when it comes to gossip and rumors!