What Parents, Students and Staff Should Know About Bullying, Cyber Bullying and Internet Safety

Bullying

- Bullying occurs when a person or group of people hurts, embarrasses or frightens (psychological, physical, verbal) another person repeatedly

- Three characters in a bullying situation: *Victim, Bully and Bystander*

STOP BULLYING EVERYWHERE

Definition of Bullying/Harassment

- Bullying/Harassment means physically, verbally or emotionally hurting, embarrassing, frightening someone

- It is unprovoked, repeated, intentional

- Difference in power, physical or psychological

BULLYING. NO WAY!

TAKE A STAND **TOGETHER**

Characteristics of Bullying
RIPI

Repeated

Imbalance of Power

Purposeful/

Intentional

What Is Normal Conflict?

- Can we disagree with our friends?
- When does normal conflict become bullying?

Topics People Tease About

- Skin Color
- Religion
- Way They Live
- Where They live
- Family
- Walk, Talk, Dress (Appearance)
- Grades
- Choice of Friends

Exclusion

- Judging someone
- Appearance
- Cultural difference
- Opinions

What a Student can do if they are being Bullied?

Be **SAFE**

- **S**ay something to an adult
- **A**sk for help
- **F**ind a friend
- **E**xit the area

How To Be A Friend

- Refuse to join in
- Never fight the bully
- Get others to help you speak out against the bullying
- Report all bullying to an adult/administration

DON'T BULLY...
BE A FRIEND.

Ways For Students To Report

- Verbal report to any adult

- Written report to any adult

- Anonymous report: use online school/district website - the *Bully Button*

CYBERBULLYING

Snapchat

Think before you TWEET!

Find us on Facebook

Instagram

What is Cyber Bullying?

- Harassments, Insults, Threats, Name-Calling, etc.

- Provoking Fights (inciting violence)

- Gossiping, Spreading Rumors, etc.

- Pretending to be Someone Else

Cyber Bullying

Tools for Cyber Bullying

- Cell Phones; Text Messages; Cell Phone Photos; Instant Messaging; Snap Chat; Tweeting

- Email

- Online Games

- Facebook; Blogs

- Profile Pages
  - Including creating a false profile pretending to be someone else

- Video Games

How to be Safe on the Internet

- Know with whom you are talking
- Do not give your passwords to just anybody; change passwords
- Think about what you say on the internet
- Do not post pictures of yourself
- If need be, get off Facebook or cell phone for a couple weeks - be proactive

Internet Safety

- Remember once you put something out on the internet, it is there forever

Issue: Getting Students/Parents to initially report an incident of Bullying and the notification to school administration if the problem persists.

School Solution: The creation of safety plans for the victim and the bully. Safety plans include "status checks" with the school counselor.

Questions/Feedback

Please visit this Google Doc with any questions or Feedback you have after viewing this presentation.