ABC’s of Cyber Bullying for Students
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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 a copy of 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.

M Make a public service announcement or start a campaign in your school to prevent cyber bullying.
N  *Name* aggressive, mean, online behavior as cyber bullying when you see it. It is not just “playing around.”

O  *Open* your eyes to bullying incidents everywhere.

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

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

R  *Respect* others in the real world and the digital world.

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

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

U  *Understand* how words can be weapons and choose yours wisely.

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

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

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

Y  *Yelling* online is viewed as rude. Avoid typing in all caps.

Z  *Zip* your lips and your keyboard when it comes to gossip and rumors!