## **Student Tips to Avoid Cyber Bullying**

Adapted from the DVD, Let’s Get Real

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Rates of cyber bullying are increasing. While technology has presented whole new opportunities to start businesses, increase productivity, and keep connected with family - it also offers additional ways for youth to bully other students and corrode self-esteem and a student’s ability to achieve his or her potential.

If you are a student who receives bullying threats and on-line harassment, the following steps can be taken to mitigate the problem:

1. Don’t fight back. It creates escalated conflict and often pushes the

offenders to continue the bullying. They want to know that they are

having an effect on you.

1. Print evidence. Having a hard copy of what bullies sent will substantiate your position as you try to get it stopped.
2. Tell a parent, teacher, or other trusted adult. You do not have to face this treatment alone. They will help with moral support, help resolve the issue, connect you to law enforcement if necessary, and can help you strategize your actions.

1. Bullying via email violates the terms of service for most Internet Service Providers. If you can show certain email sources are bullying you, they can be shut down.

1. Block the email source the bully is using to harass you. (However, a bully may shift sending locations or change his or her email address to continue the harassment.)
2. It is better to make a white list rather than block out certain

email addresses. This way, a list is made that only allows friendly emails through – i.e. your trusted friends. You can remove a name at anytime.

1. Nurture positive and supporting friendships. Be involved in clubs and after school activities.
2. Never lose faith in yourself. You are here for a reason. In a sense, you have a mission to perform while you are alive. Don’t give

others “permission” to diminish your purpose.