# Cyber Bullying

Cyber Bullying can be tracked and linked back to the Bully.

# Take a stand today to stop Bullying, do not participate in it or tolerate it, for yourself or others.

- If you're like most teenagers, you spend a lot of time on a cell phone or instant messenger chatting with friends and uploading photos, videos, and music to websites.

- You may have online friends whom you've never met in person, with whom you play games and exchange messages.

- Teens' lives exist in a variety of places such as school hallways, part-time jobs, and friends' houses.

- Now many teens also have lives on the Internet. And bullying has followed teens online.

## Take a stand today to stop Bullying, do not participate in it or tolerate it, for yourself or others.

- Online bullying, called cyber bullying, happens when teens use the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person.

- Cyber bullying is a problem that affects almost half of all American teens.

- Whether you've been a victim of cyber bullying, know someone who has been cyber bullied, or have even cyber bullied yourself, there are steps you and your friends can take to stop cyber bullying and stay cyber-safe.

# How Are Teens Cyber bullied?

Being a victim of cyber bullying can be a common and painful experience. Some youth who cyber bully:

- Pretend they are other people online to trick others
- Spread lies and rumors about victims
- Trick people into revealing personal information
- Send or forward mean text messages
- Post pictures of victims without their consent
- When teens were asked why they think others cyber bully, 81 percent said that cyber bullies think it's funny.

## It is a big deal and bullying is wrong no matter what is thought or encouraged.

Some teens believe that youth who cyber bully:

- Don't think it's a big deal
- Don't think about the consequences
- Are encouraged by friends
- Think everybody cyber bullies
- Think they won't get caught

# How Do Victims React?

Contrary to what cyber bullies may believe, cyber bullying is a big deal, and can cause a variety of reactions in teens.

Some teens have reacted in positive ways to try to prevent cyber bullying by:

- Blocking communication with the cyber bully
- Deleting messages without reading them
- Talking to a friend about the bullying
- Reporting the problem to an Internet service provider or website moderator

# How Do Victims React?

Many experience a variety of emotions when they are cyber bullied.

Those who are cyber bullied report feeling angry, hurt, embarrassed, or scared.

These emotions can cause victims to react in ways such as:

- Seeking revenge on the bully
- Avoiding friends and activities
- Cyber bullying back

# *Although cyber bullies may think they are anonymous, they can be found.*

- Some teens feel threatened because they may not know who is bullying them.  If you are cyber bullied or harassed and need help, save all communication with the cyber bully and talk to a parent, teacher, law enforcement officer, or other adult you trust.

- Usually bullying happens when adults aren't around, in between classes, at lunch or recess, and after school. Still, bullying rarely takes place without an audience—students are around to see bullying 85 percent of the time.

- But even though they see it, students usually don't try to stop bullying. That doesn't mean students don't want to help--two out of three students want to help when they see bullying–but it means that they don't know how.

# How Can I Prevent Cyber bullying?

- Refuse to pass along cyber bullying messages

- Tell friends to stop cyber bullying

- Block communication with cyber bullies

- Report cyber bullying to a trusted adult

# How Can I Prevent Cyber bullying?

You can also help prevent cyber bullying by:

- Speaking with other students, as well as teachers and school administrators, to develop rules against cyber bullying

- Raising awareness of the cyber bullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents

- Sharing NCPC's anti-cyber bullying message with friends

# Don't Be A BULLY

- **_Don't forget that even though you can't see a cyber- bully or the bully's victim, cyber bullying causes real problems._**

- **_If you wouldn't say it in person, don't say it online. Delete cyber bullying. Don't write it. Don't forward it._**

# What Else Can I Do to Stay Cyber-safe?

Remember that the Internet is accessed by millions of people all over the world, not just your friends and family. While many Internet users are friendly, some may want to hurt you. Below are some ways to stay cyber-safe:

- Never post or share your personal information online (this includes your full name, address, telephone number, school name, parents' names, credit card number, or Social Security number) or your friends' personal information.

- Never share your Internet passwords with anyone, except your parents.

- Never meet anyone face-to-face whom you only know online.

- Talk to your parents about what you do online.

# Are YOU a BULLY?

- Get out a piece of paper and take the quiz from stop cyber bullying.

- Review the results in class.

- Take the quiz below to find out…if YOU are a cyber-bully.  You might be surprised!!

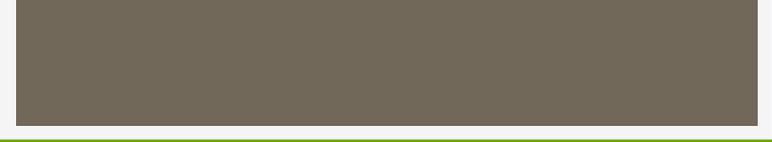-  (Quiz) http://www.stopcyberbullying.org/kids/are_you_a_cyberbully.html

# For More Information

Check out the following resources to learn more about preventing cyber bullying:

- www.ncpc.org provides information about stopping cyber bullying before it starts.

- Stop Cyber bullying Before It Starts (PDF) provides useful information for parents.

- Cyberbullying.us provides cyber bullying research, stories, cases, down loads, fact sheets, tips and strategies, news headlines, a blog, and a number of other helpful resources on their comprehensive public service website.

- www.stopcyberbullying.org has a fun quiz to rate your online behavior, information about why some people cyber bully, and how to stop yourself from cyber bullying.

- www.stopbullyingnow.com has information about what you can do to stop bullying.

- All statistics from the 2006 Harris Interactive *Cyber bullying Research Report*, commissioned by the National Crime Prevention Council.

**Board Policy**
**Descriptor Code:  JCDA**
**Bullying**

The Board of Education believes that all students can learn better in a safe school environment. Behavior that infringes on the safety of students will not be tolerated.  Bullying, as the term is defined in Georgia law, of a student by another student is strictly prohibited.  Such prohibition shall be included in the Student Code of Conduct for all schools within the school system.

Bullying is defined as follows:  An act which occurs on school property, on school vehicles, at designated school bus stops, or at related functions or activities, or by use of data or software that is accessed through a computer, computer system, computer network, or other electronic technology of a local school system, that is:

Any willful attempt or threat to inflict injury on another person, when accompanied by an apparent present ability to do so;

Any intentional display of force such as would give the victim reason to fear or expect immediate bodily harm; or
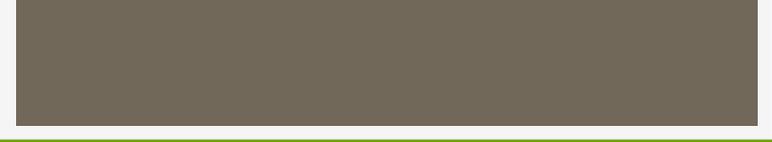
Any intentional written, verbal, or physical act, which a reasonable person would perceive as being intended to threaten, harass, or intimidate, that :

Causes another person substantial physical harm within the meaning of Code Section 16-5-23.1 or visible bodily harms as such term is defined in Code Section 16-5-23.1;
Has the effect of substantially interfering with a student's education;
Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
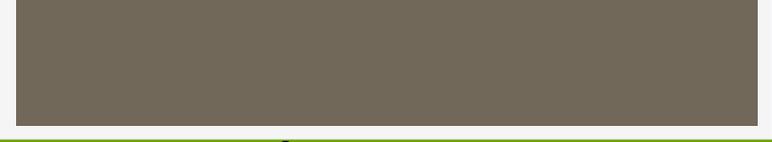Has the effect of substantially disrupting the orderly operation of the school.

Each school shall encourage teachers or other school employees, students, parents, guardians, or other persons who have control or charge of a student, either anonymously or in the person's name, at the person's option to report or otherwise provide information on bullying activity.

Any teacher or other school employee who, in the exercise of his or her personal judgment and discretion, believes he or she has reliable information that would lead a reasonable person to suspect that someone is a target of bullying is encouraged to immediately report it to the principal.

Any report will be investigated by the administration based on the nature of the complaint in a timely manner to determine whether bullying has occurred, whether there are other procedures related to illegal harassment or discrimination that should be implemented and what other steps should be taken.

Schools should clearly communicate to all parties that retaliation following a report of bullying is strictly prohibited and may result in strong disciplinary action.

Acts of bullying shall be punished by a range of consequences through the progressive discipline process, as stated in the Code of Conduct.

Such consequences shall include, at a minimum and without limitation, disciplinary action, as appropriate under the circumstances. However, upon a finding by the disciplinary hearing officer, panel or tribunal that a student in grades 6-12 has committed the offense of bullying for the third time in a school year, the student shall be assigned to an alternative education program.

Upon a finding by a school administrator that a student has committed an act of bullying or is a victim of bullying, the administrator or designee shall notify the parent, guardian, or other person having control or charge of the student by telephone call or through written notice, which may be done electronically.

Student and parents will be notified of the prohibition against bullying and the penalties for violating the prohibition by posting information at each school and by including such information in the student/parent handbooks. OCGA 20-2-751.4