

The ABC's of Cyber Bullying

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www.cyberbullyhelp.com



A is for Avoid

- ***Avoid* posting or sending mean comments toward others online.**



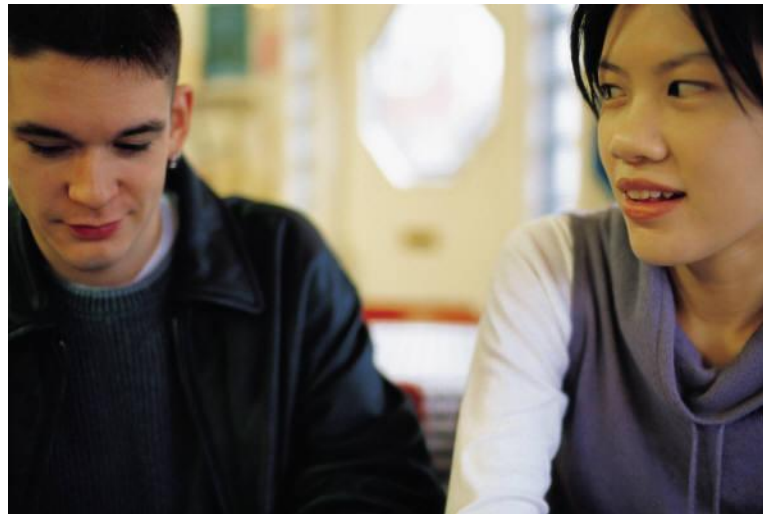
B is for Block

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



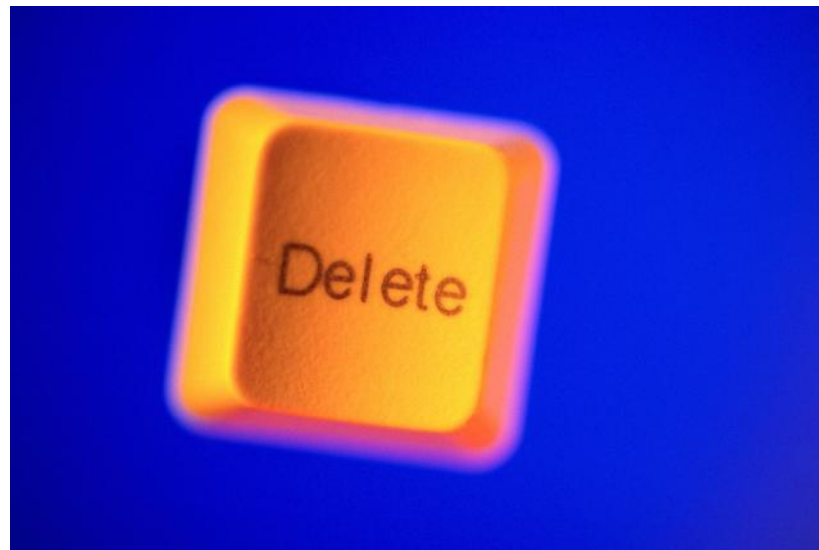
C is for Clarify

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



D is for Delete

- ***Delete* mean messages or comments, but be sure to save a copy of the evidence should the cyber bullying continue.**



E is for Encourage

- ***Encourage* your friends to post positive comments and messages online.**



F is for Forward

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



G is for Generate

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



H is for Help

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



I is for Invite

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



J is for Join

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



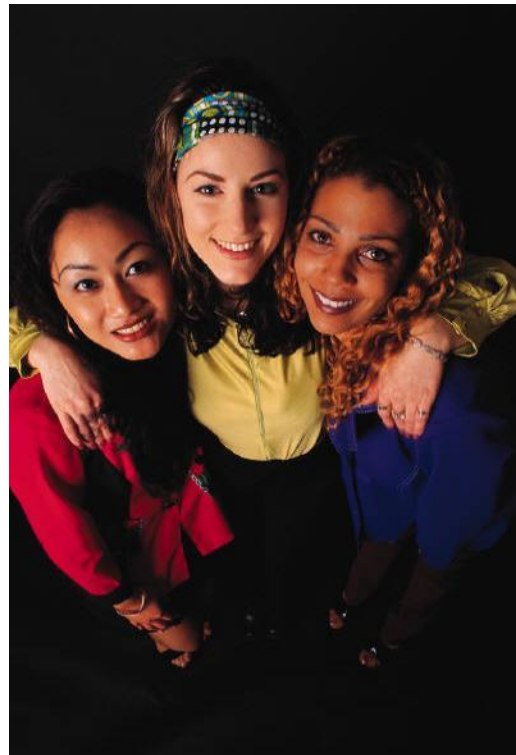
K is for Keep

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



L is for limit

- ***Limit*** the “friends” on your social networking sites or buddy lists to people you know in the real world.



M is for Make

- ***Make* a public service announcement or start a campaign in your school to prevent cyber bullying.**



N is for Name

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



O is for Open

- *Open your eyes to bullying incidents everywhere.*



P is for Protect

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



Q is for Quickly

- ***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 is for Respect

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



S is for Support

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



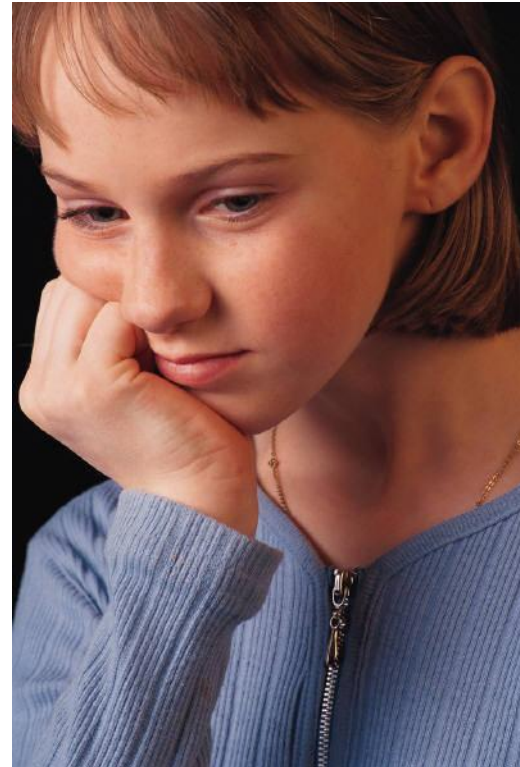
T is for Tell

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



U is for Understand

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



V is for Verify

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



W is for Write

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



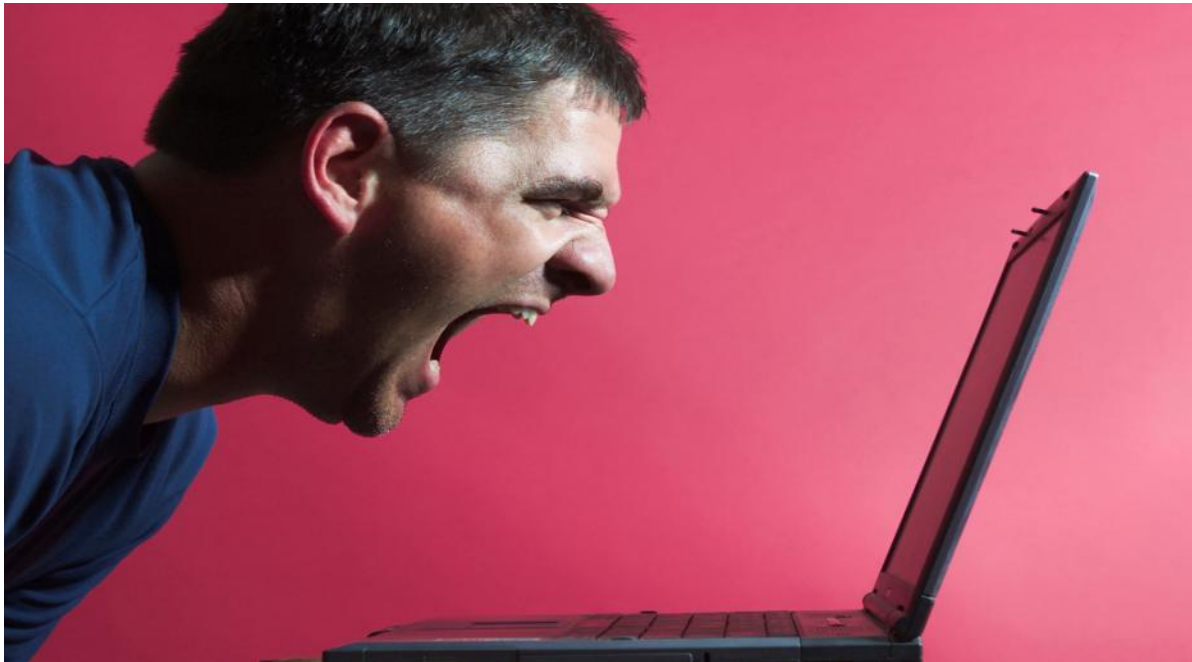
X is for “Xamine”

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



Y is for Yelling

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



Z is for Zip

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



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- *Developed by Patricia Agatston, Ph.D.*

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Please acknowledge Dr. Agatston as the author.

