

# Preventing Cyberbullying



**Cyberbullying is growing rapidly among youth. A good way to tackle the issue of cyberbullying is to stop it before it ever starts.**

## Ten Tips For Preventing Cyberbullying

- 1** Implement and enforce an anti-bullying school code of conduct that includes both bullying and cyberbullying. Spell out what behaviors and actions will not be tolerated and the consequences that will follow.
- 2** Have students sign an anti-bullying and cyberbullying pledge where students pledge not to bully others and to speak up if they know someone is being bullied.
- 3** Create a safe place for students to voice concerns, and encourage students to come forward and speak to someone.
- 4** Learn the warning signs that a child might be being cyberbullied and how to get the child appropriate help.
- 5** Talk with students about cyberbullying: what it is, the impact it has, and its consequences. Let them know cyberbullying is a serious issue that will not be tolerated.
- 6** Educate parents on cyberbullying. Let them know what signs to look for at home and how to talk with their children about the issue. Invite parents to talk with you about cyberbullying and send home resources.
- 7** Learn and teach conflict resolution and anger management skills. Help students practice applying them in everyday life.
- 8** Develop and sustain a network with health care, mental health, counseling, victim services, and social work resources in your community. Make sure all staff knows how to connect students with available resources.
- 9** Encourage and sponsor a student-led, anti-bullying program. Work with students to help raise cyberbullying awareness within the school through student-led clubs, assemblies, or posters.
- 10** Stay informed! Stay up to date with the latest Internet and technology trends.

