ABC's of Cyber Bullying for Students by Patti Agatston, Ph.D

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 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!

http://www.cyberbullyhelp.com