***Warrior Way, March 2, 2015: Cyberbullying***

**What is Cyberbullying? --Cyberbullying is** [**bullying**](http://www.stopbullying.gov/what-is-bullying/index.html)**that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. Recently, some Parkview students have been engaging in cyberbullying via Snap chat.**

**Why Cyberbullying is Different--Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior.**

* **Cyberbullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.**
* **Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.**
* **Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.**

**Effects of Cyberbullying--Cell phones and computers themselves are not to blame for cyberbullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people. Whether done in person or through technology, the effects of bullying are similar. Kids who are cyberbullied are more likely to: Use alcohol and drugs, Skip school, Experience in-person bullying, be unwilling to attend school, receive poor grades, Have lower self-esteem, and Have more health problem**

**Frequency of Cyberbullying--The 2010-2011** [**School Crime Supplement**](http://nces.ed.gov/programs/crimeindicators/crimeindicators2013/index.asp) **(National Center for Education Statistics and Bureau of Justice Statistics) indicates that 9% of students in grades 6–12 experienced cyberbullying. The 2013** [**Youth Risk Behavior Surveillance Survey**](http://www.cdc.gov/HealthyYouth/yrbs/index.htm) **finds that 15% of high school students (grades 9-12) were electronically bullied in the past year.**

**If you are cyberbullied, these are the steps to take immediately:**

* **Don’t respond to and don’t forward cyberbullying messages.**
* **Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.**
* **Block the person who is cyberbullying.**
* **Report Cyberbullying to Online Service Providers. Cyberbullying often violates the terms of service established by social media sites and internet service providers.**

**Report Cyberbullying to Law Enforcement—Cyberbullying is criminal and when it involves these activities, it should be reported to the Creve Coeur Police Department:**

* **Threats of violence**
* **Sending sexually explicit messages or photos**
* **Taking a photo or video of someone in a place where he or she would expect privacy.**

**Report Cyberbullying at Parkview--Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. At Parkview, there are severe consequences for cyberbullying, even when it takes place outside of school.**

**MOST IMPORTANTLY, ALWAYS BE KIND WHEN YOU ARE ON-LINE**