

Resources for Parents and Educators

Addiction Medicine Services, WPIC, UPMC

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CYBERBULLYING RESOURCE GUIDE

Resource	Description	Website
<p>The Cyberbullying Research Center</p> <p>Dr Justin Patchin & Dr Sameer Hinduja</p>	<p>"The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. Cyberbullying can be defined as 'willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.'"</p>	<p>http://www.cyberbullying.us/resources.php</p>
<p>The Megan Meier Foundation</p> <p>Tina Meier</p>	<p>"The mission of the Megan Meier Foundation is to bring awareness, education and promote positive change to children, parents, and educators in response to the ongoing bullying and cyberbullying in our children's daily environment."</p>	<p>http://www.meganmeierfoundation.org/</p>
<p>Cyberbullying State Laws</p>	<p>A list of the cyberbullying laws organized by state</p>	<p>http://www.cyberbullying.us/Bullying_and_Cyber_bullying_Laws.pdf</p>
<p>Tracking Teresa</p> <p>The Short Video</p>	<p>Video: "Even though Teresa has tried not to reveal personal information online, she's left enough clues that she could find herself in danger."</p>	<p>http://www.netsmartz.org/RealLifeStories/TrackingTeresa</p>
<p>* Cyberbully</p> <p>The ABC Movie</p>	<p>"Cyberbully follows Taylor Hillridge, a teenage girl who falls victim to online bullying, and the cost it takes on her as well as her friends and family."</p>	<p>http://www.amazon.com/Cyberbully-Emily-Osment/dp/B00652U72S/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1345735984&sr=1-1&keywords=Cyberbully</p>
<p>GoGoStat</p> <p>Internet monitoring program</p>	<p>"Social media has become an inherent part of our online experience. While most sites are about sharing information with your social network, we are more concerned about what you do with all the information that is shared. We are all about how you make use of all that information that flood your wall or your inbox every day."</p>	<p>http://www.gogostat.com/</p>
<p>Take This Lollipop</p> <p>Facebook interactive video clip</p>	<p>"Take This Lollipop is a 2011 interactive horror short film and Facebook app, written and directed by Jason Zada, which uses the Facebook Connect application to bring viewers themselves into the film, through use of pictures and messages from their own Facebook profiles."- Wikipedia</p>	<p>http://www.takethislollipop.com/</p>
<p>Your Brain on Bullying</p> <p>by Kilian Melloy</p> <p>Monday Mar 21, 2011</p>	<p>"A few weeks ago, Boston-based neurological researcher Dr. Martin Teicher participated in a lecture at Harvard on the effects bullying can have on developing young brains."</p>	<p>http://www.edgeatlanta.com/index.php?ch=columnists&sc=kilian_melloy&sc2=column&sc3=&id=17045</p>

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<p>National Crime Prevention Council</p>	<p>"Information and resources to curb the growing problem of cyberbullying."</p>	<p>http://www.ncpc.org/topics/cyberbullying</p>
<p>SAMHSA (Substance Abuse and Mental Health Services Administration)</p>	<p>"Behavioral Health is Essential to Health- Prevention Works- People Recover-Treatment is Effective"</p>	<p>http://www.samhsa.gov/</p>
<p>Stop Bullying.Gov</p>	<p>"Find out why cyberbullying is different from traditional bullying, what you can do to prevent it, and how you can report it when it happens."</p>	<p>http://www.stopbullying.gov/cyberbullying/index.html</p>
<p>Top 10 Mistakes Kids Make Online Cybersafefamily.com</p>	<p>"CyberSafeFamily was formed to educate students and their parents on internet safety and responsibility. We believe education is the key to keep kids safe online."</p>	<p>http://www.cybersafefamily.com/top-10-mistakes-kids-make-online</p>
<p>National Center for Missing and Exploited Children REPORT CYBER CRIMES HERE</p>	<p>"The mission of the organization is to serve as the nation's resource on the issues of missing and sexually exploited children. The organization provides information and resources to law enforcement, parents, children including child victims as well as other professionals."</p>	<p>http://www.missingkids.com/missingkids/servlet/PublicHomeServlet?LanguageCountry=en_US&</p>
<p>National Education Association</p>	<p>Bullying information and prevention</p>	<p>http://www.nea.org/home/neabullyfree.html</p>
<p>Get Net Wise</p>	<p>Blogs and Tutorials.</p>	<p>http://getnetwise.org/</p>
<p>Reachout.com</p>	<p>The Inspire USA Foundation collaborated with SAMHSA and other agencies to sponsor "We Can Help Us" campaign. The Inspire USA Foundation was founded to address youth suicide prevention and is geared for students 13 - 17. The Reach Out site offers information and support for students who are experiencing a variety of mental health issues from students who have experienced similar issues and received help.</p>	<p>http://us.reachout.com/facts</p>
<p>Half of Us</p>	<p>"Half of Us" campaign featuring students and celebrities who have experienced mental health issues such as depression who share how they coped and received help. Jed Foundation focuses on mental health awareness and support for college age students.</p>	<p>http://www.halfofus.com/video/?videoID=83&chapterID=1</p>
<p>Aevidum</p>	<p>Aevidum with support from the Minding Your Mind Foundation seek to reduce the stigma often associated with mental health especially involving youth and their families and schools.</p>	<p>http://aevidum.com/</p>

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✂ Uline.org	Sponsored by the Jed Foundation, a clearinghouse of mental health information and resources for college age students. A resource we can educate our college bound seniors about.	http://www.ulifeline.org/
✂ The Trevor Project	The Trevor Project provides support and crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth via web site, blogs, tweets, chatrooms and instant messaging.	http://www.thetrevorproject.org/ Trevor lifeline - 833-488-7386
National Suicide Prevention Lifeline	National Suicide Prevention Lifeline - 1 - 800 - 273 - TALK (8255) This SAMSHA sponsored site also offers promotional materials and resources.	http://www.suicidepreventionlifeline.org/
National Eating Disorders Association (NEDA)	"The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders."	http://www.nationaleatingdisorders.org/
S.A.F.E. Alternatives for Stopping Self Abuse	"The S.A.F.E. ALTERNATIVES © philosophy begins with the assumption that, although temporarily helpful, self-injurious behaviors is ultimately a dangerous and futile coping strategy which interferes with intimacy, productivity and happiness. There is no "safe" or "healthy" amount of self-injury. We also believe that self-injury is not an addiction over which one is powerless for a lifetime, people can and do stop injuring, with the right kinds of help and support. Self-injury can be transformed from a seemingly uncontrollable compulsion to a choice."	http://selfinjury.com/
SAMHSA	Two tool kits now available free from SAMHSA. <i>After A Suicide: A Toolkit for schools</i> and <i>Preventing Suicide: A Toolkit for High Schools</i> .	http://www.store.samhsa.gov/
Pennsylvania Youth Suicide Prevention Initiative	Pennsylvania has made strong efforts to prevent youth suicide through programs such as the Student Assistance Program (SAP), Services for Teens at Risk (STAR-Center), the Yellow Ribbon Program, and a variety of other approaches in local areas.	http://www.paspi.org/
Free Webinar for School Personnel focusing on suicide prevention in schools.	"Generation Wired: Social Networking and Engaging Youth in Suicide Prevention" free webinar for school personnel. Well Aware is national organization focusing on suicide prevention and schools.	✂ http://wellaware.org/pdf/Powerpoint_WA%20GenerationWired.pdf ✂

Family Internet Use Contract



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

Child Expectations

I understand that using the family computer is a privilege that is subject to the following rules:

1. I will respect the privacy of others who use this computer. I will not open, move, or delete files that are not in my personal directory.
2. I understand that mom and dad may access and look at my files at any time.
3. I will not download anything or install programs without first asking mom or dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name – even if I know the person with whom I am communicating.
My screen name will be: _____
5. I understand that I can use the computer for approved purposes only.
6. I will never write or post anything online that I would not want mom or dad to see. I will not use profanity or otherwise offensive language. If I receive messages or view content with offensive language, I will report it to mom and dad immediately.
7. I will never agree to meet an online friend in person without first asking mom or dad. Dangerous people may try to trick me into meeting up with them.
8. If I ever feel uncomfortable about an experience online, I will immediately tell mom or dad. I understand that mom and dad are willing to help me and will not punish me, as long as these rules are followed.

Parent Expectations

I understand that it is my responsibility to protect my family and to help them receive the best of what the Internet has to offer. In that spirit, I agree to the following:

1. I will listen calmly. If my child comes to me with a problem related to his or her online experiences, I promise not to get angry but to do my best to help my child resolve the situation in which they find themselves.
2. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish reasonable consequences for lapses in judgment on the part of my child.
3. I will treat my child with dignity. I will respect the friendships that he or she may make online as I would his or her offline friends.
4. I will not unnecessarily invade my child's privacy. I promise not to go further than I need to in order to ensure my child's safety. I will not read diaries or journals, nor will I inspect emails or computer files unless there is a serious concern.
5. I will not take drastic measures. No matter what happens, I understand that the Internet is an important tool that is essential to my child's success in school or business, and I promise not to ban it entirely.
6. I will be involved. I will spend time with my child and be a positive part of his or her online activities and relationships – just as I am offline.

We understand the above rules and agree to use the computer accordingly.

Signature of Child

Date

Signature of Parent

Date

After signing, post visibly by the computer.

Family Cell Phone Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

Child Expectations

1. I acknowledge that using a cell phone is a privilege and, therefore, will not take it for granted.
2. I will not give out my cell phone number to anyone unless I first clear it with my parents.
3. I will always answer calls from my parents. If I miss a call from them, I will call them back immediately.
4. I will not bring my cell phone to school if it is prohibited. If allowed to bring it to school, I will keep it in my backpack or locker and turned off between the first and last bell.
5. I will not use my cell phone for any purpose after ___am/pm on a school night or after ___am/pm on a nonschool night, unless approved by my parents.
6. I will not send hurtful, harassing, or threatening text messages.
7. I will not say anything to anyone using the cell phone that I wouldn't say to them in person with my parents listening.
8. I will pay for any charges above and beyond the usual monthly fee.
9. I will not download anything from the Internet or call toll numbers without first asking my parents.
10. I will not enable or disable any setting on my phone without my parent's permission.

11. I will not take a picture or video of anyone without that person's permission.

12. I will not send or post pictures or videos of anyone online without that person's permission.

13. I will not send or post any pictures or videos to anyone without first showing them to my parents.

14. I will not be disruptive in my cell phone use. If my parents ask me to end a call or stop text messaging, I will.

Parent Expectations

1. I will respect the privacy of my child when my child is talking on a cell phone.
2. I will not unnecessarily invade my child's privacy by reading text messages or looking through call logs without telling my child first. If I have a concern, I will express it to my child, and we will look through this material together.
3. I will pay the standard monthly fee for the cell phone contract.
4. I will be reasonable with consequences for violations of this contract. Consequences will start at loss of cell phone privileges for 24 hours and progress according to the seriousness of the violation.

Child's signature: _____

Parent's signature: _____

Sameer Hinduja, Ph.D. is an Assistant Professor in the Department of Criminology and Criminal Justice at Florida Atlantic University. Justin W. Patchin, Ph.D. is an Assistant Professor of Criminal Justice in the Department of Political Science at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer a comprehensive workshop for youth, parents, teachers, counselors, mental health professionals, law enforcement and others concerned with addressing and preventing cyberbullying. For more information, visit <http://www.cyberbullying.us>.

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Preventing Cyberbullying

Top Ten Tips for Educators



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

- 1. Formally assess** the extent and scope of the problem within your school district by collecting survey and/or interview data from your students. Once you have a baseline measure of what is going on in your school, specific strategies can be implemented to educate students and staff about online safety and Internet use in creative and powerful ways.
- 2. Teach students that all forms of bullying are unacceptable**, and that cyberbullying behaviors are potentially subject to discipline. Have a conversation with students about what "substantial disruption" means. They need to know that even a behavior that occurs miles away from the school could be subject to school sanction if it substantially disrupts the school environment.
- 3. Specify clear rules** regarding the use of the Internet, computers, and other electronic devices. Acceptable Use Policies tend to be commonplace in school districts, but these must be updated to cover online harassment. **Post signs or posters** in school computer labs, hallways, and classrooms to remind students to responsibly use technology.
- 4. Use peer mentoring** - where older students informally teach lessons and share learning experiences with younger students - to promote positive online interactions.
- 5. Consult with your school attorney BEFORE incidents occur** to find out what actions you can or must take in varying situations.
- 6. Create a comprehensive formal contract** specific to cyberbullying in the school's policy manual, or introduce clauses within the formal "honor code" which identify cyberbullying as an example of inappropriate behavior.
- 7. Implement blocking/filtering software** on your computer network to prevent access to certain Web sites and software. Just remember that a tech-savvy student can often find ways around these programs.
- 8. Cultivate a positive school climate**, as research has shown a link between a perceived "negative" environment on campus and an increased prevalence of cyberbullying offending and victimization among students. In general, it is crucial to establish and maintain a school climate of respect and integrity where violations result in informal or formal sanction.
- 9. Educate your community.** Utilize specially-created cyberbullying curricula, or general information sessions such as assemblies and in-class discussions to raise awareness among youth. Invite specialists to come talk to staff and students. Send information out to parents. Sponsor a community education event. Invite parents, grandparents, aunts, uncles, and any other relevant adult. Bribe if necessary.
- 10. Designate a "Cyberbullying Expert"** at your school who is responsible for educating him/herself about the issues and then passing on important points to other youth-serving adults on campus.

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Responding to Cyberbullying

Top Ten Tips for Educators



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- 1. Thoroughly investigate** all incidents so that you can direct resources and, if necessary, discipline to students who require it.
- 2. Enlist the support of a school liaison officer** or another member of law enforcement to help, especially when it involves a possible threat to the safety of your students or staff.
- 3. Once you identify the offending party, develop a response that is commensurate with the harm done** and the disruption that occurred.
- 4. Work with parents** to convey to the student that cyberbullying behaviors are taken seriously and will not be tolerated at your school.
- 5. Instruct parents to contact an attorney.** Some instances of cyberbullying just don't fall under the purview of the school. In these cases, parents may want to pursue other avenues for redress. All states allow for parties to sue others in civil court for harassment, intentional infliction of emotional distress, or a number of other torts.
- 6. Contact cell phone providers** if threats or explicit content are transmitted via these devices. These companies keep data that may serve as evidence on their servers for a limited period of time before deleting it.
- 7. Keep all evidence** of cyberbullying. Keep a file with screen shots, message logs, or any other evidence so that you can demonstrate the seriousness of the behavior and its impact on the school. This is especially critical if you intend to formally punish students (e.g., suspension, expulsion).
- 8. Contact and work with MySpace, Facebook, or any other web environment** where the bullying occurred. By now they are used to working through cyberbullying cases and can be a resource to assist you in removing offending content, gathering evidence, or put you in touch with someone who can help.
- 9. Solicit advice from neighboring schools or districts** about incidents they may have dealt with in the past.
- 10. Use creative informal response strategies,** particularly for relatively minor forms of cyberbullying that do not result in significant harm. For example, students may be required to create anti-cyberbullying posters to be displayed throughout the school. Older students might be required to give a brief presentation to younger students about the importance of responsibly using technology. It is important to condemn the behavior while sending a message to the rest of the school community that bullying in any form is wrong.

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