

Cyberbullying



Who should get involved?

Everyone! Educators, school administrators, law enforcement, parents and even students should all be involved. The more stakeholders that are involved, the better prepared you are to tackle the issue.

School Staff

- Develop an anti-bullying code of conduct that clearly spells out what behaviors will not be tolerated
- Talk and educate students on the issue of cyberbullying
- Let students know where they can report an incident or seek help
- Support a student-led, anti-bullying program

Parents

- Listen and talk with children regularly about why cyberbullying is wrong and hurtful and let them know that engaging in cyberbullying is unacceptable and possibly illegal
- Communicate online rules and responsibilities to children and enforces rules with tangible consequences
- Support the school policies and rules that help create a safe place for students to learn.

Law Enforcement

- Serve as a resource on current cyberbullying, issues, laws and policies
- Suggest ways to create an enforceable anti-cyberbullying policy for on and off school grounds
- Provide training on victimization, victim services and resources
- Provide appropriate services to victims

Signs that a teen may be a victim

- Becomes shy or withdrawn
- Shows signs of depression
- Extremely moody or stressed out
- Doesn't want to go to school
- Gets in trouble at school
- Drops in grades
- Suddenly stops using the computer
- No longer wants to participate in activities once enjoyed
- Threatens or attempts to harm themselves

Signs that a teen may be bullying others

- Stops using the computer or turns off the screen when someone comes near
- Appears nervous or jumpy when using computer or cell phone
- Is secretive about what they are doing online
- Spends excessive amounts of time on the computer
- Becomes upset or angry when computer or cell phone privileges are limited or taken away.

Teens may not know that help is available or may feel too embarrassed to speak up. The Bismarck Police Department encourages a cooperative effort to help combat the problem of cyberbullying.