

# Cyber Bullying

Technology has given children a new way to bully each other. Cyber bullying can involve:

- Sending mean or threatening messages
- Posting embarrassing photos of another person
- Posting private information about someone

Cyber bullying can occur through:

- Emails
- Instant messaging
- Text or images sent through cell phones
- Web pages

Cyber bullying messages can be distributed to a wide audience, and perpetrators can seem anonymous, making it difficult to trace them.

If necessary, adjust your school's anti-bullying rules and procedures to address cyber bullying.

*\*Source: U.S. Department of Health and Human Services. "Stop Bullying Now!" July 2004.*



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# Bullying and Harassment

## A Whole School Approach to Prevention and Understanding



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# Preventing Bullying and Harassment in Utah Schools

## A Whole School Approach

There are steps a school can go through to become bully free. One good method is to create a schoolwide bully prevention program.

- Survey students, teachers and parents to learn what is needed and what the school's goals should be.
- Use the information gathered to develop an anti-bullying and harassment policy that clearly defines bullying, and describes how the school will respond to bullying incidents.
- Provide training for teachers, administrators and other school staff.
- Pinpoint areas of the school where bullying and harassment might be prevalent and increase supervision.
- Keep parents involved through active participation in program planning and implementation.
- Integrate anti-bullying and harassment themes and activities into classroom teaching.

*\*Source: Brewster, Cori, and Jennifer Railsback. "Schoolwide Prevention of Bullying." April 2001, p. 14.*

## A Teacher's Approach

Teachers have the opportunity to reduce bullying incidents in the classroom.

- Provide opportunities for students to discuss bullying and the harm it can cause.
- Create a plan with students on what actions to take when they witness a bullying incident.
- Notice when a student is isolated and sad
- Give students opportunities to work in groups.
- Work out a plan that shows students what actions to take when they see bullying happen.
- Try to work with the bully and the victim to stop the offending behavior.
- Don't challenge a bully in front of other students.

*\*Source: SLC School District Newsletter, "Strategies for Dealing with Bullies." Curriculum Review, December, 2001, p. 11.*

## A Student's Approach

When students understand bullying and are taught not to be bystanders, they play an important role in preventing bullying.

- Make it clear that it is unacceptable to ridicule, taunt or attempt to hurt other students.
- Encourage students to report any bullying incident they see.
- Develop anti-bullying attitudes among students by raising awareness, awakening feelings of responsibility and offering role-playing opportunities.
- Encourage students not to be bystanders and to stand up to the bully publicly unless there is a question of safety.

*\*Source: Lumsden, Linda. "Preventing Bullying." ERIC Digest 155, ERIC Clearinghouse on Educational Management, March 2002.*

