BULLYING PREVENTION NEWSLETTER

A Bi-Monthly Email Newsletter focused on Bullying Prevention & Resources
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Bullying Prevention and Resources

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WHAT IS CYBERBULLYING?

This newsletter focuses on cyberbullying information, facts and resources. Cyberbullying is using electronic technology (cell phone, email, social media sites, tablets, etc.) to threaten, isolate or humiliate another student.

CYBERBULLYING: IDENTIFICATION, PREVENTION & RESPONSE

The Cyberbullying Research Center recently published the Cyberbullying Fact Sheet: Identification, Prevention and Response (Hinduja & Patchin, 2021). This detailed nine-page summary guide is designed to equip educators, parents and other youth-serving adults with as much information as possible about cyberbullying. The cyberbullying guide assists readers in identifying cyberbullying, to respond appropriately and meaningfully and to prevent future occurrences. Learn more about cyberbullying by clicking on the icon to the right.

Cyberbullying:
Identification, Prevention, and Response

2021 Edition

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

CYBERBULLYING RESEARCH CENTER
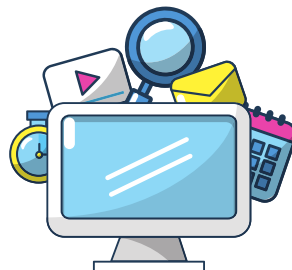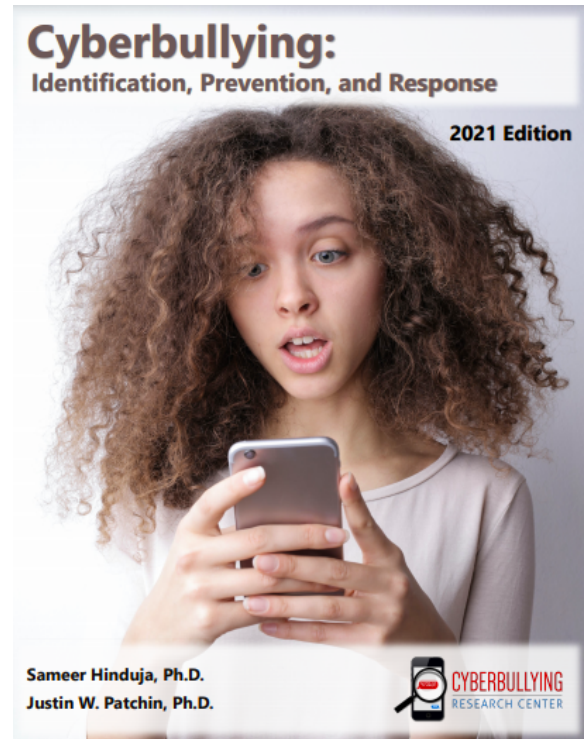
STRATEGIES FOR EDUCATORS

Educators are often called to respond to cyberbullying. Click on the icon below for additional tips and resources.

Responding to Cyberbullying
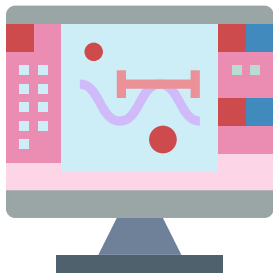Top Ten Tips for Educators
Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

Natomas
Unified School District

CITIZENSHIP

Week 2: Citizenship

Presented by: Mrs. Nix, School Psychologist

In this issue, we will focus on citizenship as a character trait to prevent bullying. Citizenship is being responsible to people, animals and the environment. Citizenship also involves being informed about the needs within your school and community, including digital citizenship. According to Digital Citizenship, digital citizenship is "how we should act when we are using digital tools, interacting with others online, and what should be taught to help the next generation be better stewards of this technology." Click on the video presented by Mrs. Nix, Psychologist, to learn more about citizenship.

TIKTOK
TOP TEN TIPS FOR TEENS

TikTok is a social app that allows users to make videos. Hinduja & Patchin (2020) created a list of ten tips for teens to use the app safely and responsibly. Click on the icon to the right to learn more.

TikTok
Top Ten Tips for Teens
Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

TikTok is a fun video app that has exploded in popularity across the world. Below we offer some tips for using it safely and responsibly.

1. YOUR ACCOUNT DEFAULTS TO PUBLIC. Set it to private if you don't want everyone to have access to your videos and comments.

2. RESIST FROM POSTING PERSONAL OR PRIVATE INFORMATION (phone number, address, birthdate) in your videos or on your profile.

3. YOU CAN AUTOMATICALLY HIDE COMMENTS THAT MAY BE SPAMMY OR INAPPROPRIATE. You can also filter comments based on your own personal keywords. Check your Settings.

4. YOU CAN CONTROL WHO CAN COMMENT ON YOUR VIDEOS. Adjust privacy settings to your level of comfort about who can interact with you on the app (Everyone, Friends, No one).

5. REMEMBER THAT UNLESS YOU'RE FOLLOWING SOMEONE AND THEY ARE FOLLOWING YOU, THEY CAN'T DM (DIRECT MESSAGE) YOU. So, if you're receiving a lot of unwanted messages in your inbox, unfollow those people! By default, those under 16 cannot DM

6. RESTRICTED MODE WILL HELP KEEP YOUR FOR YOU PAGE MORE KID-FRIENDLY THAN OTHERWISE. You can enable it under Settings and Digital Well-Being.

7. TAKE THE TIME TO REPORT PROBLEMATIC TIKTOKS (by clicking "Share" and then "Report"), as well as problematic comments (hold your finger on the comment to see a Report option).

8. STAY IN CONTROL OF THE QUALITY OF YOUR TIKTOK EXPERIENCE by blocking a user who troubles you in any way. This can be done by going to their profile, tapping the three dots in the top right corner, and selecting "Block."

9. YOU CAN CONTROL WHO CAN DUET, STITCH, AND REACT TO YOUR VIDEOS. See Privacy Settings to set it to Everyone, Friends, or No one.

10. COMMENT WITH CARE. Resist commenting in a way that is threatening or hurtful in any way. Sarcasm might also be misinterpreted, and so lean in the direction of being kind. Basically, try not to be a jerk towards others!

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Technology opens the door to the world. It's up to us to walk through it in a meaningful and respectful way.

venspired.com

Digital Citizenship: a member of a worldwide community linked by the Internet.

When we participate online—we become digital citizens. How do you think good digital citizens should behave?

DO YOU HAVE DIGITAL RESILIENCE?

The Cyberbullying Research Center defines digital resilience as "positive attitudes and actions in the face of interpersonal adversity online." Click below for strategies for responding to Cyberbullying.

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Responding to Cyberbullying
Top Ten Tips for Teens
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