

BE KIND

HELPING YOUR STUDENTS COPE WITH CYBERBULLYING



DO WHAT'S RIGHT ONLINE

-  **THINK**
before you post
-  **RESPECT**
others
-  **STAND UP**
for what's right

 **CHECK Please!**
Be Safe. Be Smart. Be Kind.



Before we react, **CHECK PLEASE!**

Here's our checklist of 5 tips to help your student.

01 **BE ALERT**

Stay alert to signs that might suggest your students are being bullied (e.g. changes in personality, poorer physical health, or a sudden drop in school grades).

02 **SHOW SUPPORT**

Listen to them and validate their feelings. Remind them that they did not ask to be bullied. Reassure them that they did the right thing by speaking to you.

03 **MANAGE THE SITUATION**

Make sure that they do not retaliate or respond to the messages, but ignore the bully (e.g. unfriend/unfollow/block).

04 **RECORD THE EVIDENCE**

Help them keep the relevant evidence. Take screenshots or print webpages of comments, photos, or videos that show online bullying. If more help is needed, inform your school's administration.

05 **RESPOND TO INCIDENTS**

Treat every case seriously. Let your students know you care and want to help. If the bully is known, ask him or her to remove offending posts. Counsel the bully in private as it can be embarrassing and intimidating for the student being bullied.

