

ABC's of Cyber Bullying for Students  
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[www.cyberbullyhelp.com](http://www.cyberbullyhelp.com)

- A *Avoid* posting or sending mean comments toward others online.
- B *Block* the senders who repeatedly send nasty comments or messages to you.
- C *Clarify* the intent of a message that bothers you. Maybe the sender was just joking.
- D *Delete* mean messages or comments, but be sure to save a copy of the evidence should the cyber bullying continue.
- E *Encourage* your friends to post positive comments and messages online.
- F *Forward* abusive messages to the internet service provider so that it can warn the abuser.
- G *Generate* a positive cyber atmosphere by avoiding disrespectful treatment of others.
- H *Help* others who are targeted by posting positive or encouraging messages.
- I *Invite* a classmate who has been targeted online to participate in an activity with you.
- J *Join* with others to stamp out cyber bullying by addressing it in student leadership groups.
- K *Keep* a record or log of cyber bullying incidents to assist you in reporting the incidents.
- L *Limit* the "friends" on your social networking sites or buddy lists to people you know in the real world.
- M *Make* a public service announcement or start a campaign in your school to prevent cyber bullying.

- N *Name* aggressive, mean, online behavior as cyber bullying when you see it. It is not just “playing around.”
- O *Open* your eyes to bullying incidents everywhere.
- P *Protect* yourself by using the privacy features on social networking sites.
- Q *Quickly* report cyber bullying that includes threats of violence or self-harm, sexual exploitation, or harassment. Report to a trusted adult or the police.
- R *Respect* others in the real world and the digital world.
- S *Support* targets of bullying online and in the real world through words of support and offers of help.
- T *Tell* an adult at home and at school if you or your classmates are being cyber bullied.
- U *Understand* how words can be weapons and choose yours wisely.
- V *Verify* with the sender that it is okay before you forward their message to others.
- W *Write* an article for the school newspaper about cyber bullying to educate other students about this problem.
- X *“X” amine* your own behavior online. Treat others as you would like to be treated.
- Y *Yelling* online is viewed as rude. Avoid typing in all caps.
- Z *Zip* your lips and your keyboard when it comes to gossip and rumors!