



Digital Engagement

Bullying Prevention

TIPS AND TRICKS

1 BECOME AN EXPERT

Educate yourself. Understand bullying and how/where it occurs. Ask your friends for ideas about how to prevent it.

2 HELP EDUCATE YOUR COMMUNITY AND BE AN ADVOCATE

- ▶ Speak out against bullying. Have a conversation with your friends about bullying.
- ▶ Encourage your friends to share their experience as someone who will stand up. This will start a positive ripple effect.
- ▶ Start a club, build a campaign or host an event to raise awareness.
- ▶ Interview experts to learn more about the issue and what can be done.
- ▶ Create information posters to build awareness in school about problem and solutions.
- ▶ Be a role model and mentor to younger students and relatives about how to be safe online and offline.

3 BE SMART: SAFELY SECURE YOUR IDENTITY AND PERSONAL INFO

- ▶ Set up privacy controls in your profile so you can control who sees your information.
- ▶ Protect your password and change it regularly.
- ▶ Never open unidentified or unsolicited messages.
- ▶ Log out of online accounts when not in use.
- ▶ Use online search engines to search your name regularly. Try to remove personal information that makes you uncomfortable.

4 BE RESPONSIBLE

Pause before you post. Don't post anything that may compromise your reputation, or the reputation of others. Treat others how you want to be treated.

- ▶ Assume everyone has access to your profile (parents, teachers, future employers and authorities).
- ▶ Use good judgment when putting pictures up.
- ▶ Don't discuss things or use language you wouldn't want your family to see.
- ▶ Don't add people as "friends" unless you know them.

5 BE COMPASSIONATE—BE STRONG.

- ▶ Make a decision to help—ask yourself, “am I going to let this person bully this person, or am I going to do something about it?”
- ▶ Support the target!
- ▶ Try to include anyone who is being left out.
- ▶ Discourage those who hurt or humiliate others. If it's safe, make it clear you think the behavior is wrong.
- ▶ If you see something going on that is wrong, speak up or leave the room and tell a trusted adult.

6 Never retaliate or get back at the responsible person. Be “bigger” than that—retaliation keeps the cycle going.

7 Never encourage or indirectly contribute to the behavior! Don't forward hurtful messages, laugh at improper jokes or content, or support the behavior just to fit in.