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STOP CYBERBULLYING: A GUIDE

Cyberbullying is defined as embarrassing, harassing, threatening or attacking someone via the Internet or tech. (That includes phones, computers, and tablets as well as social media sites, text messages, chat, apps and websites.)

The anonymity that screens SEEM to give can make cyberbullying very tempting, but the viciousness and viral aspects of doing it remotely are prolific.

I will not forget that actual human beings read the words, I post/text/send, and remember that the Internet does not give me free reign to be cruel or rude to them.

- I will not compromise my values or reputation just because I am online.
- I will not do, post or say things online that I would not in person.
- I will not send mean, malicious scary or violent text messages, posts or emails.
- I will not create or perpetuate rumors or lies sent by email, text or posted on social networking sites.
- I will not represent myself online as someone or something I am not.
- I will not create or use fake pages, memes or profiles.
- I will not use modifying software to publicly embarrass someone with fake pictures or memes.
- I will not catfish or trick others online into saying or doing things that are vulnerable or embarrassing.
- I will not repeatedly spam negative messages.
- I will not gang up with others to harass someone else through media.
- I will never directly threaten or personally attack anyone online.

I understand that thoughtless posting can have as powerful and as tragic effects on the other end of the media lines as active cyberbullying.

- I will keep in mind that with online communication, there is no voice inflection, body language or other non-verbal cues, and what I say may not always be what the other person hears.
- I will not forward personal or private messages or pictures.
- I will let and help others not look foolish and keep their reputations intact by not tagging photos or posts without permission - especially if it includes risky or embarrassing behavior.
- I will not pass on or repost any evidence of anyone else's humiliation.
- I will not subtweet, because spreading rumors or lies or mean comments about someone without naming them directly still counts as cyberbullying.
- I will pay attention to how my friends and I treat others online.
- I will not log into others' sites, feeds or pages without their permission and prior knowledge.
- I will not do or say things on other people's sites, feeds or pages that I would not do or say on my own.
- I will remember that (much like a tattoo), the things I post today, will still be associated with me in the future.
- I understand that even with the best privacy settings, my posts may be seen by people who don't ask, need or want to see it.

I understand that bullying occurs in EVERY school, and even if I haven't been a direct victim of it, I know someone who has. Anyone can be a target.

- I will mind my friend lists, use privacy settings and never share passwords.
- I will not let other people use my pages or phone without my permission or supervision.
- I will support victims of cyberbullying by either standing up to haters or by telling a trusted adult such as a teacher, parent or coach.
- I will encourage my friends to do the same

- I will educate myself and others about the effects of cyberbullying.
- If my school does not have a policy around cyberbullying – I will call them on it.

I understand that one person choosing to do the right thing makes a difference.

- I choose NOT to contribute to any particular kid's death by encouraging anyone to die.
- I will not take my anger, sadness or angst out on others.
- I will not reciprocate when others behave negatively, and will remove myself from the situation if I become too angry.
- I will not stay silent when someone else is harassed online, and will report violent, sexual and hate behaviors to administrators, parents and/or police when necessary.
- I will not ignore cruel online behavior and do nothing.
- I will call people on ignoring cruel online behavior and doing nothing.

I understand that being truly powerful means you DON'T have to assert your power over others.

- I understand that bullies (at their core) are all weak, and will not let them make me THINK they are more powerful than I am.
- I know that in crossing the line, the rules or the law by bullying others, they give away what power they do have.
- I understand that using my words not my keyboard - and reaching out to someone with more authority, is a more adult (and potentially fun) way of handling the situation.
- I will report any threats or vicious, untrue or cruel message about myself (or my friend) immediately to a parent, teacher or an adult I trust.
- I will save any bullying messages or posts to show later as evidence.
- I understand that reciprocating makes me no better than them and will not fight back against bullies by becoming one myself.
- I understand that responding to haters will only make it worse.
- I will not lash out when/if I have been victimized.
- I will not lash out when/if people I care about have been victimized (and will not let my friends do it for me).

- If something or someone online makes me angry or upset, I will talk about it with my friends and family.
- I will not be so embarrassed that I do not or cannot reach out for help and support.
- I will not be so ashamed that I do not or cannot reach out for help and support.
- I will not deal with cyberbullying on my own.
- I will not let anyone else, either.

With the Internet comes responsibility, and doing my part to stop cyberbullying helps everyone.

When I use the Internet to connect with others I will behave appropriately so as to protect the reputations of myself and others, avoid knowingly or accidentally doing something that could, would or might harm someone else, and tweet others the way I want to be tweeted.

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