

## Massachusetts Law Against Bullying

Requires schools to define "bullying"

Requires bullying incidents to be reported to school officials.

Mandates bullying education in school for every grade.

Requires schools to share their anti-bullying plans on community websites.

Provides adults with an opportunity for training on how to deal with bullying.

Extends beyond the classroom to include cyberbullying.

Identifies the fourth Wednesday in January as "No Name-Calling" Day.

## Massachusetts Laws Updated To Include Digital Communication

Annoying phone calls (includes text messages)  
Mass. General Laws (M.G.L.) Ch. 269 §124A

### Stalking

M.G.L. Ch. 265 §43

### Criminal Harassment

M.G.L. Ch. 265 §43A

Unauthorized Access to a Computer System

M.G.L. Ch. 266 §120F

Use of Personal Identification of Another

M.G.L. Ch. 266 §37E

### Threats

M.G.L. Ch. 275 §2

Possession of Child Pornography

M.G.L. Ch. 272 §29C

Dissemination of Child Pornography

M.G.L. Ch. 272 §29B

## For More Information, Please Contact:

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District Attorney Michael O'Keefe's Office is devoted to enforcing the law and ensuring safety for all children.



## Parental/Guardian Resources

Massachusetts Aggression Reduction Center (M.A.R.C.) at Bridgewater State University

<http://marcenterwebs.com/>

StopBullying.gov

<http://www.stopbullying.gov/index.html>

Netsmartz: A program of the National Association of Missing and Exploited Children

<http://www.netsmartz.org/Parents>

Common Sense Media

<https://www.common Sense Media.org/>

# It Starts With Me

I.S.W.M.

The Cape and Islands District Attorney's Bullying/Cyberbullying Prevention Program

Make the choice to stop all bullying today  
Bullying And Cyberbullying

Eliminating bullying takes a team effort: you, your family, your school, law enforcement and the community.



**Michael O'Keefe**

Cape and Islands  
District Attorney

**Bullying** is repetitive, unwanted intimidating or aggressive behavior towards others in order to gain control over them.

**Cyberbullying** is bullying using electronic technology.



### **Did You Know?**

- 20% of children admit to being a bully.
- 160,000 children miss school every day for fear of being bullied.
- School bullying and cyberbullying statistics show that 77% of students are bullied mentally, verbally or physically.
- The most dangerous four-letter word in the digital world is **SEND**.
- Once you send or post something, you lose control of who sees it.
- Deleting an image or a post doesn't mean it's permanently removed.
- In a cyberbullying survey, 20% of respondents reported seriously thinking about attempting suicide.
- Boys are more likely to experience physical bullying by boys.
- Girls are more likely to be a target of cyberbullying by both girls and boys.
- Only 15% of parents are knowledgeable about their children's social networking habits and how their behavior can lead to cyberbullying.
- Your digital footprint can affect your work, education and military opportunities.

### **What Students Should Know...**

- Treat others as you would like to be treated.
- Bullying does not have to happen. Working together with adults and peers, there are things you can do to prevent and stop bullying.
- If something makes you feel uncomfortable, tell a friend, teacher or trusted adult.
- A GPS-enabled smartphone can reveal your location through online posts and uploaded photos. Think before you **SEND**.

- If a bully bothers you, it's okay to stand up for yourself; walk away or ask a friend or adult for help.
- Understand why your privacy is important. Remember the internet and email are not private.

### **And Avoid...**

- Commenting unfavorably about people in person or online.
- Texting or posting when angry. Not every great, or not so great, moment needs to be shared. (TMI).
- Sites that enable users to post questions or comments anonymously.
- Tricking someone into revealing personal or embarrassing information and sending it to others.
- Sharing passwords.
- Breaking into someone's email or instant message account to send cruel or untrue messages while posing as that person.
- Meeting someone in person you have only "met" online. The internet is not a place to make friends.
- Creating websites to make fun of people.
- Posting pictures of people without their consent.
- Revealing personal information about specific activities and vacation plans.

### **How Parents Can Help...**

- Establish a healthy relationship with electronic devices, reduce anxiety or Fear of Missing Out (FOMO).
- Listen to what your child says to you and take note of attitudes, behaviors and moods.
- Turn off computers and cell phones at night.
- Learn how to use the technology your child uses. Review apps before downloading.
- Establish guidelines about safe internet use.
- Be a good role model online.
- In the digital age you still need to be a parent. Home rules and responsibilities should not change because you are now online.
- Bullying is not part of growing up. There are long lasting implications for both the bully and the target.
- Know your children's friends and enemies.
- Get involved with your child's life outside of academics.



### **Student Responsibility**

**"I.S.W.M.** is about being a leader. It's about understanding the primary rule of a civilized society: the strong protect the weak. Make it cool in your school to look out for younger or different students. Realize that the things which make us similar to each other are much more important than the things which make us different."

**Michael O'Keefe**  
District Attorney