



2012-2013 EGUSD Student-Led Anti-Cyberbullying Campaign

Q: What is Cyberbullying?

Cyberbullying is the use of electronic devices and media to repeatedly harass, threaten, humiliate and otherwise hassle people.

Q: Why does Cyberbullying matter?

"Nothing crushes kids' self-confidence faster than humiliation. And just imagine a public humiliation sent instantly to everyone they know. Sadly, hurtful information posted on the Internet is extremely difficult to prevent or remove, and millions of people can see it. Most cyberbullying happens when adults aren't around, so parents and teachers often see only the depression or anxiety that results from being hurt or bullied. This emotional damage can last a lifetime." Source: Common Sense Media

Stats - Source: OnlineCollege.org

- 42% of teenagers with tech access report being cyberbullied over the past year.
- 69% of teens own their own computer or smart phone. Of those teens, 80% are active on social media sites.
- The average U.S. teen sends 420 texts each week.
- Girls aged 14-17 send an average of 100 texts a day.
- 7.5 million Facebook users are under age 13 - the required age to have an account.
- 81% of youths say bullying online is easier to get away with than bullying in person.
- 3 million students are absent from school each month because they fear bullies.
- 90% of teens that witness online bullying say they ignore it.
- Only 2 in 5 victims will tell their parents.

Q: What can you do to #UnfollowBullying?

- **Draw a Line** - Delete negative or hateful comments rather than giving the bully an audience.
- **Speak Up** - If you know the person doing the cyberbullying, and feel comfortable, talk to him/her. Help them to understand the harm they are doing. Or if you are being cyberbullied, find someone you trust to confide in. Speak up for yourself and for others; don't let fear silence you.
- **Consider Others** - When online, ask yourself are you sending something you would say face-to-face? If not, don't send it.
- **Take the Student Pledge** - Help transform the #UnfollowBullying campaign at your site from a vision to a reality by taking the pledge.



Join the EGUSD #UnfollowBullying campaign now! Visit our website: www.blogs.egusd.net/ub