

The Great American **NO BULL** Challenge

Digital Responsibility 411

For students

Created by teens for teens

If you're a teenager, you already know how difficult it can be to deal with all forms of bullying. It's a fact that being the target of a cyberbully can ruin your life, and it's important to know that you're not alone and that there are things you can do to limit your exposure to the disasters of technology.

Take a look at a few important statistics that speak to the issue of cyberbullying:

- ★ *Over half of America's teens have been harassed online, and about the same number have engaged in cyberbullying others. [iSafe, Inc.]*
- ★ *School cyberbullying statistics are increasingly viewed as a key contributor to youth violence, including homicides and suicides. [CNN]*
- ★ *Victims of cyberbullying are 1.9 times more likely to attempt suicide. [Cyberbullying Research Center]*
- ★ *The majority of cyberbullying attacks go unreported to parents, teachers and the authorities. [Adoption Articles Directory]*
- ★ *39% of teens admit to using social networks to victimize and harass their peers. [The Examiner.com]*

The truth is, cyberbullying affects almost every family in America and almost every teen has experienced some form of online harassment.

One of the **NO BULL** Challenge's National Spokespeople, Nicole Edgington, was a victim of cyberbullying. Outlined below are a few things she learned throughout her experience:

- ★ *"It's better to ignore the person or people who are sending the harassing texts, Facebook messages and Facebook posts, rather than trying to explain why you didn't do what people are saying you did."*
- ★ *"The best thing I could do for my sanity was to block the people on Facebook and block the senders of the text messages. It took me a while to do this, and once I did, I began to feel a lot better about myself."*
- ★ *"It was eventually necessary to delete my entire FB account, which I used to think was a bummer. If you asked me today, I would say this is one of the best decisions I made."*
- ★ *"I quickly became aware that fighting my cyberbullies alone was too difficult, and that I needed to get help from those I trusted."*
- ★ *"I learned who my real friends were overnight, and I learned to trust those who would protect me, rather than spread more gossip and drama about me or other people."*

It's important to remember that you have complete control of your own life. When it seems like no one is there to help you, talk to your parents, a trusted adult, a teacher, a principal, or even the authorities if necessary. Take a look at the [state-by-state cyberbullying laws](#) that have been enacted over the last few years; police now take cyberbullying more seriously.

Remember these few important steps if you find yourself a victim of cyberbullying:

- ★ Ignore the person or people sending the harassing texts and Facebook posts
- ★ Block the cyberbully from your Facebook and your cell phone
- ★ Finally, Report them! There are things that can be done to make sure that bullies are made responsible for their actions and that they face the appropriate consequences

WARNING: Sometimes when you're surrounded by people that are constantly accusing you of something that isn't true, you may actually start to believe them, which can be very dangerous and harmful to your health! Rely on your true friends to stand by and stand up for you. Remember, it's difficult to fight cyberbullies on your own, ask for help!

What Exactly is Cyberbullying?

With today's technology, it's easier than ever before for predators and bullies to reach out and attack you from anywhere and at any time; silently and with ease.

In simplistic terms, cyberbullying occurs when a minor uses technology to deliberately and repeatedly engage in hostile behavior to harm or threaten another minor, which is against the law:

- ★ Almost half of our youth experience some form of online harassment [Cyberbullying Research Center]
- ★ 71% of teens receive messages from strangers [National Center for Missing and Exploited Children]
- ★ Over half of teens have engaged in cyberbullying [i-Safe]

Standing up to end cyberbullying with the Great American NO BULL Challenge and the NO BULL Teen Video Awards is super easy! Now you have the power to be heard on the subject of cyberbullying through a national platform where your voice will be heard and listened to. Cyberbullying is one of the top three problems teens face today, and you have the power to change that!



Why is Cyberbullying such a problem?

The long-term impact of cyberbullying is greater than traditional bullying. Digital images, cell phones, and other electronics allow a bully's messages to spread instantly. Messages sent to ruin someone's reputation can be much more damaging than a face-to-face interaction. Instead of the interaction being between small groups, the written word or photos can be sent to a large group of people within minutes. Once things are posted or shared online, it's almost impossible to remove every trace of what was said or posted.

Cyberbullying can have harmful and longer-lasting effects, and has become a major problem. Anyone can be a bully online, and it doesn't end once you leave school. Cyberbullying can occur 24/7 since you are constantly connected to technology. A recent American Educational Research Association study shows that female bullies preferred the use of text messaging harassment versus face-to-face bullying by 2 to 1. Yikes! Be sure you know how to block cell phone numbers!

The Different Kinds of Bullying

Bullying can take MANY forms, and all of them can occur while using social media. Examples include:

- ★ **Verbal:** Name-calling and teasing
- ★ **Social:** Spreading rumors, leaving people out on purpose, and breaking-up friendships
- ★ **Psychological:** Being threatened or being forced to do things you do not want to do
- ★ **Racial:** Bullying based on a person's ethnicity, color of their skin, or family background
- ★ **Sexual:** Bullying that abuses someone sexually by inappropriate contact, or messages

The Effects of Bullying and Cyberbullying

People who bully are more likely to:

- ★ Drop out of school
- ★ Have criminal charges against them
- ★ Have substance abuse problems
- ★ Commit adult family violence

Common effects for students who are cyberbullied include:

- ★ Depression, anxiety & low self-esteem
- ★ Pattern of withdrawal & shame or fearfulness
- ★ Unexpected or random bursts of anger
- ★ Physical health problems:
 - ★ Lack of appetite
 - ★ Loss of energy
- ★ Diminished social contacts & friends
- ★ Poor grades & excuses to avoid school
- ★ Suicidal thoughts
- ★ Drug or alcohol abuse

Students Who Cyberbully Others:

- ★ Participate in fighting
- ★ Steal & vandalize property
- ★ Drink alcohol, smoke, and take drugs
- ★ Report poor grades
- ★ Establish a negative environment at school

Students who witness bullying may feel that they aren't safe. Effects may include feeling:

- ★ Fearful
- ★ Powerless to act
- ★ Guilty for keeping quiet
- ★ Tempted to participate

Tip: *The smallest thing you do for someone else can mean the world to him or her!*

"If you can dream it, you can do it."

Always remember that this whole thing started with a dream and a mouse."

-Walt E. Disney

Basic Cyberbullying Prevention

- ★ Protect your passwords - Never give your passwords to anyone [except your parents]
- ★ Think about the words and pictures you post BEFORE you post them
- ★ Don't connect with strangers
- ★ Set your privacy settings to private
- ★ Limit personal information on your account
- ★ Block and report people you don't know or who are doing inappropriate things
- ★ Don't be afraid to delete your Facebook account, or call your wireless provider to block cyberbullies

10 Rules for Staying Safe using Social Media

Take a look at the 10 rules for staying safe using social media that were written by teens for teens. The NO BULL Youth Advisory Council promotes digital responsibility every day to inspire others to stand up and just say NO BULL!

1. Avoid people who seem like trouble, online or in person!
2. Remember that kids who cyberbully are probably insecure. Try being nice to him or her! It may surprise them.
3. If confronted online or even in person, stay confident. People can only intimidate you as much as you let them!
4. Make a comeback if you can! If someone is teasing you on a social network about a medical condition, tell him or her a fact about the medical condition that may make them eat their words, or feel guilty. After all, most of their insults are rooted in ignorance.
5. If you're bullied online, you will most likely have to confront them face-to-face while you're at school. Often, body language speaks louder than words. Make sure that your facial features and body lines are confident. This will discourage people who like to bully others.
6. If you've been cyberbullied or bullied in person, speak privately with a parent, teacher or school counselor; their job is to make school safe and enjoyable!
7. Ask for help from friends! Be honest with people close to you and who you can trust.
8. Don't be unwilling to delete your Facebook account before things go viral and become uncontrollable. You can always create a new one once the dust settles.
9. Think before you post or text. Sometimes, continuing the conversation with people who bully leads to more bullying. Be strategic with your words!
10. Be friendly, even if that's not necessarily your personality. Developing more friends is a natural safety net against bullying.

Tip: *Most people who cyberbully others do what they do to try and increase their popularity! They think their behavior makes them popular, and is wanted. They also know that if no one does anything about it, they can continue their abuse and attacks, and often become more powerful.*

Live with the Three E's:

Energy, Enthusiasm and Empathy

Always remember the importance of Family, Friends and Faith

Want your bully to leave you alone?

If you are a target of cyberbullying, you already know the number one rule is to **ignore the sender**. If a response is necessary, and if you think this could help you, we've included some silly responses that may cause your bully to think twice about harassing you, or even better: STOP!

Pretty Little Liar Responses:

- ★ The lies you posted about me on (Facebook, Instagram & Twitter) are hilarious! LOL
- ★ Thanks for all the lies you posted about me—friends are so overrated!
- ★ I'm so glad I have you to trust to spread lies about me!
- ★ Congrats—you've been tossed out!
- ★ I'm not ignoring you; I simply just can't hear anything but the truth!

E-mail Bashing Responses:

- ★ It's lucky your IP address can be tracked so easily—I bet you can't wait for the police to show up at your house!
- ★ Every time I see your name in my inbox, it shows me how much you are thinking of me, every time I hit delete it shows me how little I care!

Texting Tormentors Responses:

- ★ I'm lucky I know how to press the delete key!
- ★ Lucky I know how to save all my text messages to use in the future!
- ★ Your texts are starting to really bore me now!
- ★ Congratulations! You've officially achieved stalker status—you should be proud!
- ★ They developed the "BLOCK" feature for people like you!
- ★ I'm sure you make your cell phone provider proud by the number of texts you send out in an hour!

IM'ing Bull Responses:

- ★ Wow, how lucky am I to have wasted 4 hours of my life IM'ing you!
- ★ I take it you have nothing better to than IM all day?
- ★ Winner! That was your 1 millionth IM—you must be so proud!
- ★ It's time for me to move ahead & it doesn't include IM'ing all night!
- ★ I've got to go—I have something better to do!

Are you a Friend or a Bully? Are You An Up-Stander or Bystander?

When someone is being cyberbullied, there are almost always people watching, these people are referred to as bystanders. Bystanders often think that they are unable to help someone who is being bullied, even though they can! Bystanders have the most power to stop what's happening! We're asking for you to have empathy, and to care about your fellow student by standing up for them when they're getting harassed online. There will come a day that you're going to be glad you did!

Hurtful Bystanders:

- ★ Starts the bullying by encouraging the bully to begin.
- ★ Encourages the bullying by laughing, cheering, or making comments.
- ★ Joins in on the bullying once it has begun.
- ★ Accepts bullying by watching and doing nothing, which provides the bully with an audience.
- ★ Silently accept what's happening, which allows bullies to continue their behavior.

Helpful Bystanders:

- ★ Directly intervenes by discouraging the bully, by defending the target, or by redirecting the situation away from target.
- ★ Gets help by rallying support from peers to stand up against what's occurring.
- ★ Work to stop the situation by reporting what's happening to an adult.
- ★ Offers words of encouragement to the target, and remains trustworthy throughout the situation.

Your Role in Cyberbullying Prevention:

Teens have a very important part to play when it comes to cyberbullying prevention. First, you should be willing to speak out for the target vs. being a passive bystander. Then, make sure that you are a firm believer of NO BULL. Teen leaders should work on creating a campaign in schools and communities that focus on the harmful effects of bullying and also provide support to those that have been, or who are being cyberbullied.

Ready, Set, Start a Movement!

First Step: Understand Bullying Can Be Prevented By YOU!

It's up to YOU to start a movement! Cyberbullying is mostly preventable, and in order to affect real change, teens like you will need to take the lead in insuring that cyberbullying becomes unacceptable in your school. Other teens and your community are counting on you to make a positive difference by taking a stand against bullying and cyberbullying. It's preventable, it's possible, and it's important!

Peer-to-Peer Education Spreads the Best Awareness!

When you get together with your friends and spread awareness about the dangers and harmful effects of cyberbullying, you empower others to do the same. Students in your school and in your community need to hear your voice in order to help them know that they're not alone, that cyberbullying is not OK, that there is someone willing to stick up for them. Lend a hand by working to educate your peers—just say NO BULL!

Working with Others: Students, Teachers, and Communities

Many adults will want to help you such as teachers, principals, mayors, business leaders, media, clergy members, community leaders, parents, industry executives, health professionals, citizens, neighbors, and even the media. The more people working together to further your mission and cause, the stronger your message and movement will be!

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."

-Martin Luther King, Jr.

Cyberbullying Prevention Activities

You can adapt any of these activities for your School. Just be creative and plan a program that works for you and your community. The ultimate goal is to spread the word about cyberbullying prevention and to have fun while you're doing it!

Compete in the NO BULL Challenge! The Great American NO BULL Challenge and NO BULL Teen Video Awards is the largest youth-led campaign to promote digital responsibility, and your students can be a part of it. The annual campaign inspires millions of teens to stand up to eliminate all forms of bullying from their lives. Students from around the world will write and direct their own short films or PSA's with a digital responsibility message, and get the chance to win over \$25k in prizes.

Fifteen nominees and their videos will be selected by a panel of expert judges to attend the National NO BULL Conference and Teen Video Awards. At the Teen Video Awards, students will watch amazing artists perform live and meet celebrities on the red carpet. The spotlight will shine on the talented students and their films around the world.

[Watch the NO BULL Campaign Reel Now](#)

The campaign's strategic partners include: Dr. Mehmet Oz, iSafe, National Organizations for Youth Safety, FCCLA, teenDailyStrength, 4-H, Students Against Destructive Decisions, HealthCorps, The Cyber Safety Academy, The Anti-Defamation League, Business Professionals of America, Project Change, The Megan Meier Foundation, Communities in Schools, The California Endowment, among others.

Set up A NO BULL School Survey: This is easy, free and fun to do! Go to [www.surveymonkey.com] and set up a free survey for your school. Decide what questions you want to ask, and consider how the answers will add value to your survey, then submit your results to your school administrators. Set up a NO BULL Survey day, and get as many students as you can to take your online survey. Keep it short and simple to achieve the best results. For an already completed NO BULL survey that was put together by teens for teens, click [here](#).

Share your Story: We are currently compiling stories from our Team NO BULL members who have dealt with cyberbullying in any way. Chosen stories will go into the founder of the NO BULL Challenge and bestselling author, Shawn Marie Edgington's newest book, "NO BULL." The book will be filled with anonymous stories that will provide other teens hope, compassion, understanding and a way out of being the victim of bullies and cyberbullies. [Share your bullying story now.](#)

Hold a NO BULL T-Shirt Drive: As a fundraiser for your school, pick a week to obtain t-shirt orders from all of the students in your school. You'll contact the NO BULL Challenge team with your bulk order, sizes, colors (blue or pink) and shipping instructions. NO BULL Shirts are \$15.00 each. We sell them to you for \$10, and your school earns \$5 a shirt, so sell as many as you can! There are additional NO BULL items such as NO BULL wristbands and lanyards available to use as a fundraiser, so check out what's available at [\[www.teamnobull.org\]](http://www.teamnobull.org)

Start Your Own NO BULL Awareness Day: Ask students to take a stand against cyberbullying. Coordinate with your school officials to name a NO BULL day for all students to support cyberbullying prevention. Wear either the same color shirt or the NO BULL shirt. Consider holding a school-wide assembly that day to talk about issues surrounding bullying in your school and its effects on students. You could include your school's survey results and ask everyone to take the [NO BULL Pledge](#). Remember to make sure you spread the word beyond your own school—take a picture and create a video of the students who participated out on the school lawn and send it to your local paper! Remember to post all photos and videos on your Facebook page!

Start Your Own NO BULL Club: Starting your own NO BULL Club is fun and can be very rewarding. Often clubs serve as a strong student voice that can be heard by members of the PTA, school personnel and community leaders, which is another great way to spread the word about the importance of cyberbullying prevention. I'm sure you already know how difficult it can be to deal with any type of bullying. Bullying can ruin lives, and it's time to eliminate all types and forms of bullying from our schools once and for all! Get your free [NO BULL Club kit](#) now.

Hold a School Assembly: A great way to get the school to gather around one cause is with a school assembly! Talk to your school administrators about the importance of this cause and your ideas for what could go into this activity. Many of the ideas in the activities guide could be part of your assembly! You may want to consider having a speaker talk about bullying prevention, have the cheerleaders do a bullying prevention cheer, or even present your bullying prevention skit or PSA to the entire school. Get creative, use music, dance—the more engaging your assembly, the more success you'll have in spreading the word about cyberbullying prevention!

Create a Graffiti Mural: Your goal is to get the word out about bullying prevention at your school. Get your thoughts down on paper! All it takes is a long roll of paper and colored markers to make graffiti mural—it's that simple! Contact the art teacher at your school, community center or local business and ask if you can cover a wall with poster paper. You may want to see if your city or a business will donate an actual wall for this cause. Try to get a wall that people frequently walk by so that many can see your mural. Describe ideas about what sorts of things you'd like people to write on the wall. Stories about when bullying hurt their feelings? How they helped someone who has been bullied? All of these ideas would greatly contribute to your mural. Make sure you keep a close watch on the wall to make sure everything written on it is appropriate. Lastly, consider taking pictures of people as they're writing on the wall and of the whole mural once it's finished.

Chalk it Up! Write bullying prevention messages on sidewalks with sidewalk chalk. **(Be sure to get permission first and use the kind of chalk that washes off!)** Think of public spaces such as local parks or in front of your school. You may want to consider coordinating with other schools in your district so that this activity happens at each school in your area simultaneously. You may also want to coordinate with local businesses and ask if they'd be willing to have you write messages in front of their establishments.

Hold a 5K Run: Use your track at school to host a glow-in-the-dark 5k run. Shed light on the problem with glow sticks. Make painted glow in the dark t-shirts with your team's NO BULL slogan. Play loud music to get the crowd inspired, and take pledges from friends and family to raise money for your school. Get local businesses to donate prizes for your top 3 fastest runners. If you hold a citywide run, you can charge a small entry fee (\$5 per runner) and designate a non-profit organization that does a great job with bullying awareness, such as NOYS, ADL or SADD to give your net proceeds to.

Acts of Kindness Award or Citizen of the Month Award: Active bystanders are one key element in preventing cyberbullying. Start a “NO BULL” award. Ask students to nominate their fellow classmates who they believe have played an effective role in preventing bullying. This award would be designed to highlight the day-to-day actions of students who may often go unrecognized. The purpose of the award would help remind students that even the smallest gesture, like standing up for someone who is being bullied or being there for a friend in need, is vitally important for all of today’s teens.

Create a Cyber Safety Awareness Day Banner: Making a banner is easy and fun! Follow these simple steps and you’ll have no problem. Design your banner around your NO BULL tag line, pick your color scheme, and sketch your design onto your banner so changes can easily be made. The more colorful the better too! You want to grab the attention of the world to show them how vibrant your movement is! Talk to your city officials (show them the picture of your banner) and ask if it can be hung on Cyber Safety Awareness Day in your Downtown. You’ll need to give your city planners a lot of notice, so plan ahead! **Cyber Safety Awareness Day is May 17th!** Remember to post your banner across all your social networking sites!

Make an Awareness Quilt: To see an example of an awareness quilt, check out the [New York Fire 911 Fire Departments quilt](#). Provide participants with permanent fabric markers and squares of colorful fabric on which they can draw or write anti-bullying messages. Allow flexibility in the assignment: the more diverse the pictures, sayings and stories told on the patches of fabric, the more beautiful the quilt. Once you’ve collected all of the squares, find someone who is willing to help sew the quilt. Involve the home economics teacher to see if it can be a project for a home economics class. Perhaps a few parents would be willing to help. When the quilt is done, find a prominent wall in your school to hang the quilt. This is a GREAT community service project to bring into any school.

NO BULL Community Outreach Ideas

Hold a Town Hall Meeting: Arrange a meeting during school hours or in the evening to bring together school administrators, staff, students, parents and community leaders to discuss bullying and cyberbullying prevention. This would be a great opportunity to contact the media and let them know about your school’s bullying prevention efforts. A Town Hall meeting is also an excellent forum for showcasing the NO BULL Challenge videos you created for the competition. Civic leaders can be invited to recognize students, and schools and businesses could be contacted to donate prizes.

School Newsletters, Newspapers, Websites & Yearbooks: Reach out to your school newsletter committee, newspaper staff or Webmaster and see if they’d be willing to reserve some space for content related to cyberbullying prevention. This could take the form of a small “tip sheet,” a “question and answer sheet” about bullying prevention, or an “ask the expert column.” Check the NO BULL website [\[www.nobullchallenge.org\]](http://www.nobullchallenge.org) for ideas on potential content. In addition, if you hold any school-wide activities around bullying prevention, such as a pledge wall or poster contest, be sure to get an article or report about it included in your school newsletter, newspaper, website or a page devoted to it in your yearbook.

Morning Announcements: Ask your school administrator for permission to incorporate cyberbullying prevention messages or tips either daily or weekly. Offer to provide them with the bullying prevention messages. Ask if they will play the PSA you and members of your school created for the NO BULL Challenge.

Talk to Your PTA or PTO: Local PTAs and PTOs are great resources and can help you spread the word to many parents and families. Perhaps they’d be willing to send materials to their mailing lists, or pass out materials at their local events. Ask them if they would include a statement about bullying prevention in their next newsletter or on their website. Many PTAs and PTOs send packages home to parents at the beginning of summer or at Back to School time and are always looking for more information to add. Draft up a quick tip sheet using the NO BULL Campaign website [\[www.nobullchallenge.org\]](http://www.nobullchallenge.org) and see if they’ll include it! Remember to be resourceful: engage your local legislator or county official (ex: county attorney, police chief) and see how they can help you.

Create a Public Service Announcement for Local Radio Programs: Most radio stations dedicate a certain amount of “airtime” to public service messages—you probably have heard them on your favorite news or talk radio station. How do you go about creating a message about bullying prevention for your radio station? Work with your local radio station to create a Public Service Announcement about the work your school is doing in your community!

- ★ Define the goal of the PSA and who your target audience is. Is the goal of the PSA something that you believe would be more appealing to youth, parents or teachers?
- ★ As you consider your target audience, decide upon a radio station that is popular among that audience. Let the radio station know about your cause. Send a letter describing what you are doing and what you want them to do. You are working for a great cause and radio stations love working with youth!
- ★ Outline the PSA and start writing the script. It’s very important that your PSA is under than 30 seconds. And lastly, be creative! The more creative and catchy your PSA is, the more likely the station will want to play it.

Working with Local Media

Want to reach thousands of people in your community with your cyberbullying prevention message? Getting noticed by your local media, including newspapers, radio and television, is just as important as planning your activity. Being covered by the press is the best way to make sure you reach as many people as possible. Media coverage can help publicize your upcoming event, educate people on this issue and possibly encourage others to get involved in bullying prevention. Now that you know why media coverage is so important, check out the tips below to help you make the best of your outreach to local media!

Develop a Plan for What You Want to Say: Make sure you have a strong and clear message before you contact your local media. As a group, think through the two or three most important pieces of information you would want everyone to know. These messages should be short, easy to understand, and simple enough so you can explain to reporters exactly why they should cover your activity or event. The messages should be specific so the reporter knows immediately why you’re supporting this cause.

Make a Contact List: Start out by making a list of all the local newspapers, radio stations and TV stations in your area. Each station and newspaper has many reporters who cover different types of news. Think through which types of reporters would want to cover your event. Most likely it will be the “metro,” “city,” or “community affairs” reporter. In some instances, it could be a reporter who covers “education.” At TV stations, you will be looking for producers who would be interested in your story. It’s smart to keep a couple of key points in mind:

- ★ Be prepared. Reporters talk to lots of people every day and their time is valuable. Know what you’re trying to accomplish by calling them and tell them your purpose early on.
- ★ Introduce yourself to the reporter and make sure you caught them at a convenient time.
- ★ Remember to rely on the PSA message you created.
- ★ Be honest and helpful. If you don’t know an answer to a question a reporter may ask, tell them you’re not sure, but you’ll find out and let them know the right answer. If they need further information on something, offer to help them or suggest outside resources. You may also refer them to the NO BULL Challenge website: www.nobullchallenge.org.
- ★ Remember, everything you say to a reporter may be used in their story unless you tell them it can’t be. If you discuss information (such as the names of individuals) that shouldn’t be published, don’t share that level of detail with the reporter or ask them to hold private information that’s discussed from their story. They refer to this as being “off the record.”
- ★ When the conversation has ended, thank the reporter for his/her time; make sure they know how to contact you if they need any further information. Be sure to ask for a copy of the story once it’s written or the link to the story once it’s been aired. You can add the link or post the story on your school’s Facebook group page.
- ★ The MOST important thing to remember about the media is that they are real people just like you. They’re nice and very busy, and they’re always looking for great stories, especially having to do with youth serving their community. Go ahead and give them a call, and before you know it, you’ll be an expert in working with the media!

"Be the change you wish to see in the world."

-Gandhi

Cyberbullying Prevention resources

In addition to the resources found in the Great American NO BULL Challenge toolkit, many other organizations are offering important information about cyberbullying. We encourage you to take advantage of the information and support that these websites offer:

[National Conference of State Legislatures](#)

State-by-state information on cyberbullying laws.

[Pew Internet and American Life](#)

Sources of credible cyberbullying research.

[Anti-Defamation League](#)

The nation's premier civil rights/human relations agency, ADL fights anti-Semitism and all forms of bigotry, defends democratic ideals and protects civil rights for all.

[How to Stay Safe on Formspring](#)

Safety tips that will give you basic pointers about being smart and responsible on Formspring.

[Facebook Safety Center](#)

Tools and resources for staying safe on Facebook.

<http://www.glsen.org>

The Gay, Lesbian, and Straight Education Network that seeks to ensure safe schools for all students.

[MTV's A Thin Line](#)

Interactive tools engage older kids in defining what it means to "cross the line."

[Nickelodeon's Digital Citizen Hub](#)

A quiz asks: "Are You Cyberbully Savvy?"

[National Organizations for Youth Safety](#)

Works to prevent teen drug abuse, teen obesity, school bullying, and teen driver distractions across America.

★ [Bullying Toolkit for Students and Parents](#)

[GuestAssist Campus](#)

Offers students a way to anonymously obtain support from school administrators by text message.

[StopBullying.Gov](#)

Provides information from various government agencies on how [kids](#), [teens](#), [young adults](#), [parents](#), [educators](#) and others in the [community](#) can prevent or stop bullying and cyberbullying.

<http://stophinkconnect.org/>

Coordinated message to help all digital citizens stay safer and more secure online.

Sites Used for Resources/Information:

<http://www.dhs.gov/files/events/stop-think-connect-campaign-materials.shtm> (good resources)

<http://cybersafetyacademy.com>

<http://safekidzone.com>

<http://www.shawnedgington.com>

<http://www.isafe.org>

<https://www.nobullchallenge.org>

<http://www.stopbullying.gov> (great information)

<http://www.stopcyberbullying.org/index2.html> (lots of information)

<http://www.coolcarl.com/page/page/5268769.htm> (role of the bystander)

<http://www.schoolbullyingcouncil.com/bullying-statistics>

http://www.glisten-youth.com/Cyber_Safety.html

<http://www.bullyingstatistics.org>

<http://www.olweus.org/public/bullying.page>

http://www.makebeatsnotbeatdowns.org/facts_new.html

<http://www.eyesonbullying.org/bystander.html>