

## **The Student's ABC's of Harassment, Intimidation, and Bullying**

**A**sk an adult to read anything you might not think is appropriate.

**B**e careful with all interactions on social media.

**C**yberbullying is using computers, cell phones or other electronic devices to harass or intimidate.

**D**on't video or photograph anyone while in school.

**E**ducate yourself on the dangers of social networking.

**F**amiliarize yourself with your school policy regarding your cell phone use.

**G**et an adult if you see, hear, or say something that may not feel right.

**H**arassment occurs when you are bothering someone, even when he or she has asked you to stop. It can be addressed in the school setting if it affects how someone feels when they come to school.

**I**ntimidation means saying or doing something that makes someone feel timid or afraid.

**J**oking around on social networks can often lead to danger or a misperception.

**K**idding around may not be welcome and can often turn into harassment.

**L**et your parents monitor your social networking sites.

**M**anage your online profile.

**N**othing you write online can ever be permanently erased; it can usually be retrieved.

**O**bserve the websites you and your friends are on and tell an adult if you feel the site is NOT being used for the purpose it was meant for.

**P**ersonal information should never be shared online unless you are on a secure site.

**Q**uestion who is communicating with you.

**R**emember everything you text or post is public and permanent.

**S**ay things online that your parents or school principal would be okay reading.

**T**ake the time to think about what you write, and how it could hurt or offend others before you press send.

**U**nderstand the dangers of social media.

**V**erify who the person is before you communicate any opinions about others or other personal information.

**W**atch the sites you go on; many child predators have access to those sites without you knowing.

**X**-ray a situation before you respond.

**Y**ou need to be respectful and responsible for all your interactions on social networks.

**Z**ipper up your mouth if your comments aren't appropriate or nice.