

SALTWORKSANSWERS

Believing that students can be positively changed through the power of live theatre

How Can I Stop Cyber Bullying?

Put down the mouse and step away from the computer. By not reacting and taking the time to calm down, you can avoid becoming a cyber bully yourselves.

Tell an adult if you or someone you know are being cyber bullied. You can report cyber bullying to a parent or guardian, a teacher, or the police any messages that are mean, embarrassing, or threatening to yourself or others.

Emails, chats, text messages, instant messages, and web pages sent or posted by bullies should be saved as evidence.

Refuse to pass along cyber bullying messages and tell friends to stop cyber bullying.

Block communication with cyber bullies.

Speak with other students as well as teachers and school administrators to develop rules against cyber bullying.

Raise awareness of cyber bullying problems in your school and community.

If the cyber bullying does not stop, your family can file complaints with the Internet service provider, cell phone company, or website where it is occurring. Cyber bullying is typically a violation of the "terms of use" and violators are subject to undesirable action.

Don't forget that even though you can't see a cyber bully or the bully's target, cyber bullying causes real problems. If you wouldn't say it in person, don't say it online. Delete cyber bullying.

Don't write it. Don't forward it.

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BRING OUR PROFESSIONAL ACTORS TO YOUR SCHOOL!

Please contact us (412.621.6150 or nalritz@saltworks.org) for additional school assembly information to bring these quality educational dramas to your school.