



American Association of University Women Napa County Branch Bullying and Cyberbullying Presentation

Warning signs that a student is a victim or is bullying /cyberbullying others:

- Quickly switches screens or closes programs when someone walks by.
- Uses the computer or phone until all hours of the night.
- Gets unusually upset if she/he cannot use the computer or phone or after using the computer.
- Laughs excessively while using the computer.
- Appears nervous or jumpy when an IM message appears.
- Avoids discussions about what they are doing on the computer.
- Becomes withdrawn from friends and family.
- Suddenly has fewer friends.
- A victim may avoid certain places.
- Acts differently than usual.
- A victim may avoid going to school.

These warning signs may indicate other issues or problems, as well.

What can teachers or counselors do if a student reports being Bullied/Cyberbullied?

1. Ensure the safety of the student (victim).
2. Contact the administrator in charge.
3. Investigate and gather information.
4. Contact the child's parents.
5. Contact the Internet Service Provider or suggest parents do it.
6. Contact the police if physical threats are involved.
7. Enforce disciplinary policy.

What Can Teachers Do to Reduce Future Occurrences of Bullying?

(www.educationworld.com, 2012)

1. *Discuss Bullying:* Give students the opportunity to discuss bullying. Have the class come up with rules against bullying and involve them in determining that bullying behavior is unacceptable. Provide classroom activities and discussion opportunities related to bullying and violence, including the harm they cause and strategies to reduce their incidence.
2. *Teach Cooperation:* Teach cooperation by assigning projects that require collaboration. Such cooperation teaches students how to compromise and how to assert without demanding. Take care to vary grouping of participants and to monitor the treatment of and by participants in each group.
3. *Develop a Plan:* Develop a classroom action plan to ensure that students know what to do when they observe a bully-victim confrontation.
4. *Take Immediate Action:* Take immediate action when bullying is observed. All teachers and school staff must let children know they care and will not allow anyone to be mistreated. By taking immediate action and dealing directly with the bully, adults support both the victim and the witnesses.
5. *Confront in Private:* Confront bullies in private. Challenging bullies in front of their peers may actually enhance their status and lead to further aggression.
6. *Involve Parents:* Notify parents of both victims and bullies when a confrontation occurs. Listen receptively to parents who report bullying, and investigate reported circumstances so appropriate school action may be taken.