

## Tips

### **Being cyberbullied or harassed online**

- Be careful.
- Don't break the law. Let law enforcement and investigators do the heavy lifting.
- Don't retaliate. Don't engage.
- Make it clear you do not want to be contacted by the person.
- If you're receiving emails, texts, phone calls, or other private messages, let the person know you do not want to be contacted by him or her again.
- Inform your employer(s).
- If appropriate, reach out to a mutual acquaintance to let then person know you do not want to be contacted and, if contact or posting continues, you will reach out to authorities.
- If you're receiving messages, consider blocking the account.
- If cyberbullying includes threats of violence, contact law enforcement. Don't take chances.
- If you can, get someone to help you with the documentation. (It consumed me 24/7.)
- Be careful with whom you connect and engage.

### **Youth being cyberbullied**

- Speak to an adult. Parent, relative, teacher, guidance counselor, coach, clergy, activity leader, counselor, principal, etc.
- Know that you are not alone. You may feel alone. You may feel hopeless. But, you can get anonymous help.
  - Stomp Out Bullying Help Line
    - [stompoutbullying.org/information-and-resources/helpchat-line](http://stompoutbullying.org/information-and-resources/helpchat-line)
  - National Suicide Prevention Lifeline
    - <http://suicidepreventionlifeline.org/>
    - 1-800-273-TALK (8255)
- Don't forward messages.

### **Documentation**

- Be careful. Don't click on anything you shouldn't.
- Take screen captures. If you're on the move, take them on your mobile device.
- Best screen captures include the full browser, especially the URL. It's easiest to get what you need on a desktop or laptop. If you're on a Mac, make sure your window is set to show the full URL.

- Be consistent with your naming convention. Make sure it's meaningful to you.
  - Profile Name - URL - Description - Date of Screen Capture – Number in Sequence
  - Example:
    - Lisa-Michelle Kucharz FB lisamichelle.kucharz message to me 10-16-2017 1
    - Lisa-Michelle Kucharz FB lisamichelle.kucharz message to me 10-16-2017 2
    - Lisa-Michelle Kucharz Twitter lmkucharz new blog 10-16-2017 1
    - Lisa-Michelle Kucharz Blog Title 10-16-2017 1
    - Lisa-Michelle Kucharz Blog Title 10-16-2017 2
- Sort your documents by date, content type, and profile name
  - Folder examples:
    - 10-16-2017
    - Content generated by Lisa-Michelle Kucharz
    - Facebook messages from Lisa-Michelle Kucharz
    - Tweets by lmkucharz
    - Blogs by Lisa-Michelle Kucharz
- Regularly place your screen captures from your phone and other sources into the categorized folders.
- Save your documentation in multiple locations. I saved my documents on a computer, an external hard drive, and a secure file sharing platform.

## **Privacy**

- Keep private information private.
- On all public social media accounts, think twice before posting personal content.
- On Facebook personal pages, keep your post privacy set to friends only or custom of friends with exclusions. Turn off people's ability to post on your page.
- If you want to keep your online behavior private, do not like or comment on posts that are public.
- If you don't trust someone on your Facebook friends' list, unfriend, block, or use custom settings to exclude the person from seeing your posts.

## **Engaging Law Enforcement**

- Be prepared. Be clear.
- Bring organized printouts to police station.
- Ask questions.
- It's ok for you not to know the fine details of the law.

- If possible, have someone with you. You're going through something very difficult, possibly embarrassing. Having support is helpful.
- Take notes.
- Record report numbers, officer names, follow-up instructions.

### **Witnesses**

- Don't be a bystander. Be an upstander.
- Be careful.
- Don't publicly engage the person who is cyberbullying.
- If you feel comfortable, reach out to the person privately or reach out to a mutual acquaintance.
- Let the person know what he or she is doing is wrong and hurtful.
- The same applies for youth, but you can also speak to an adult. Parent, relative, teacher, guidance counselor, coach, clergy, activity leader, etc.

### **Youth engaging in cyberbullying**

- Stop.
- If you're having difficulties stopping, speak to someone you trust to get the help you need.
- Get a prevention app, like ReThink Words.
- If the situation has escalated, and you are being bullied in return. Stop engaging in cyberbullying.
- Do not retaliate any further. Continuing to retaliate doesn't help.
- Speak to an adult. Parent, relative, teacher, guidance counselor, coach, clergy, activity leader, etc.
- Realize you are not a bully, but you are engaging in bullying behavior. You can stop. You can change your behavior.
- Even if you use alias accounts, your electronic footprint leads to your door. It may take time, but you will get caught and face legal or other ramifications.

### **Resources**

Stomp Out Bullying HelpChat Line [link to <http://www.stompoutbullying.org/information-and-resources/>]

stopbullying.gov Get Help Now [link to <http://www.stopbullying.gov/get-help-now/index.html>]

National Suicide Prevention Lifeline [link to <http://suicidepreventionlifeline.org/>] or 1-800-273-TALK (8255)

“Sexting Scandals and Shaming: What Your Teen Could Be Facing Online and What You Need to Know,” Sue Scheff [link to <http://www.parenttoolkit.com/general/news/bullying/sexting-scandals-and-shaming-what-your-teen-could-be-facing-online-and-what-you-need-to-know>]

SOS Online Network [link to <https://www.onlinesosnetwork.org/>]

Without My Consent [link to <http://withoutmyconsent.org/>]

Cyber Civil Rights Initiative [link to <https://www.cybercivilrights.org/>]

“Shame Nation: The Global Epidemic of Online Hate,” by Sue Scheff and Melissa Schorr, 2017. [link to <http://shamenationbook.com/>]