

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
 - 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/>]