

# ***How to Avoid Being a Target***

## **Lesson 6, Student Activity 1**

The following are ways that students can avoid becoming a target for cyberbullying:

1. Protect your personal information: Students should always carefully consider what information they are sharing about themselves with an eye to how that information could be used by bullies, companies, criminals or others to bully them.
  - Students should avoid sharing personal information such as their home address, phone number, email address, and whereabouts during the day with people they do not know they can trust.
  - Be careful with who they share personal feelings and/or photos.
  - Protecting this information is a good starting point for thwarting the random cyberbully.
  - If bullies don't know where to find you, it's harder for them to attack. If they don't have your photo, they can't manipulate it to embarrass you.
2. Create strong passwords and don't share them. You might also consider changing your password every six months.
3. Don't bully others. Remember, what you do many times is done back at you.
4. Stand up for a friend or person you know who is being bullied. Bullies don't pick on those who have a good support network. An environment where bullying isn't accepted is an environment that is safer for everyone.
5. Seek allies and friends who feel the same way about bullying as you do. Bullies attack those who are in some way isolated from others, just as a criminal picks out someone alone on a street. Make an effort to hang out with kids you know will support you and will not tolerate bullying.
6. Work together within your school community to advertise loud and clear that bullying behavior is 'uncool'.

Dear Parent,

We have asked your daughter or son to teach you about how to avoid becoming a cyberbullying target in order for you to become more aware of this topic. After your "lesson", we would appreciate your signature below, and any comments you wish to make.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Comments: \_\_\_\_\_  
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