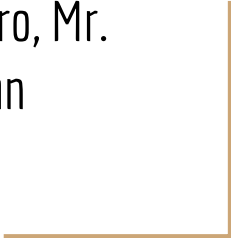


# ACHS Cyberbullying and Fighting

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# What is Cyberbullying?

- Use the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person.
- Approximately 3 million kids are absent from schools due to Bullying.
- With that number in mind, 20% of those absent kids are linked to Cyberbullying.

# Effects of Cyberbullying

- Contrary to what cyberbullies may believe, cyberbullying is a big deal, and can cause a variety of reactions in teens.
- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.
- 1/10 Teens attempt suicide due to the stress of being bullied and suicide is the #3 killer of Teens.

# How to Report Cyberbullying

- Tell an adult, whether that be a parent, teacher, law enforcement, or any responsible adult.
- Telling someone about Cyberbullying will not only help you, but can potentially help others in the future.

# How to Stop a Cyberbully

- Be private – keep devices, passwords, pictures and secrets to yourself.
- Take five – don't reply in anger.
- Stop, block and tell – don't reply, block the sender and tell someone ASAP
- Save the evidence – on your computer or print out.
- Contact your school.
- Threats, extortion, sexual harassment should be reported to the police.

# Consequences of Fighting

- Per the rules of ACHS any fight ever so minor results in the following possible outcomes; up to 10 days suspension, parent and police contact, possible expulsion.... This can be the first offense....
- On the Law Enforcement side... fights can results in arrests, community service, fines, and/or jail time...
- Possibility of severe injury...

# All for What?

- What are the reasons to fight?
- Have you exhausted all other options and what makes you think fighting will actually solve the issue?
- Have you thought of the long term effects? College, Work, or just overall opportunities?

# Methods of Avoidance

- Talk to someone about what is going on, not everything needs to be handled on your own.
- If this is a school problem, speak to a teacher, dean, or counselor. They can provide you with advice on how to resolve the situation in a responsible manner.
- If this is an issue outside of school, speak to parents, adults, or the police.



Think Before You Act!