Support vs. Cyber Bullying

What is Support?

❖ Support is another way to give assistance to someone, either emotionally or physically.

❖ Supporting someone includes helping him or her bear the weight that they might be carrying while performing a task or job.
  o *This is important because in Key Club, inclusiveness is one of the four core values, meaning no one gets left behind.*

❖ **Support <u>lifts</u> and <u>helps</u> people.**

What is Cyber Bullying?

❖ Cyber Bullying involved the use of communication through technology to support repeated and hostile behavior by an individual or group that is intended to harm others.
  o Cyber Bullying is most often done through social media.

❖ Those who are bullied are more likely to struggle with more personal issues in their lifetime.

❖ **Cyber bullying is <u>always</u> pulling others down and <u>hurting</u> them.**

What are the effects of Cyber Bullying?

cyber bullying has many harmful effects, including (but not limited to):

❖ Psychological stress, emotional stress, and physical stress.

❖ Increased feelings of sadness and loneliness.

❖ Changes in sleeping habits and eating habits.

❖ The loss of interest in current activities.

❖ General health complaints.

HOW TO PREVENT CYBER BULLYING

1. EDUCATE YOURSELF
- Understand exactly what cyber bullying is and know how to <u>identify it.</u>

2. PAUSE BEFORE YOU POST
- Don't post anything that may pose a threat to your reputation. People <u>WILL</u> judge you based on how you appear online.
  ♦ Controversial posts *may cause* disagreements and fights online

3. SET UP PRIVACY CONTROLS
- Restrict access to people who <u>are not your trusted friends</u> and only accept people who you know personally in real life.

4. DO <u>NOT</u> BE A CYBER BULLY
- Treat others how you would like to be treated.
- <u>Do not</u> reinforce the idea of cyber bullying by being one yourself.

For more information, check out Technology SafeKEY, a program developed by the Communications and Marketing Committee to prevent cyber bullying here: http://tinyurl.com/TechnologySafeKEY