

# CYBERALLY®

A Cyberbullying Training Model for Middle and High School-Age Youth

Someone who **SPEAKS OUT** on behalf of someone else or **TAKES ACTIONS** against cyberbullying.



## Did You Know?

Studies of Internet-using adolescents indicate that **20%** of young people (over 5 million) have been the targets of cyberbullying and more than **10%** (almost 3 million) have bullied others online.

In a recent study, **three out of every ten youth** reported that they knew someone who had been the target of cyberbullying.

## Contact Us

Find an ADL regional office near you to receive more information about this and other educational programs at [www.adl.org/main/regional.asp](http://www.adl.org/main/regional.asp).



## Prevent cyberbullying – be a CyberALLY!

With today's increasing access to online technology, the Internet and electronic media are a big part of most young people's lives. While there are many positive uses of electronic media, unfortunately, they have also become a vehicle for spreading hatred and intolerance based on race, religion, ethnicity, gender, sexual orientation and other parts of people's identities.

**CyberALLY®** is a half-day (3-hour) or full-day (6-hour) training for middle and high school-age youth that increases awareness about the unique impact of cyberbullying, provides strategies for young people to respond effectively to cyberbullying and fosters an increased culture of e-safety, ally behavior and respect for differences among youth. This interactive training program provides practical information and opportunities for skill-building that will support students in developing personal strategies for protecting themselves against cyberbullying as well as acting as cyberallies—preventing and taking action against cyberbullying and social cruelty in online forums.

## Program Goals

The overall goals of this program are to promote respect and inclusion in online forums as part of a broader strategy to create safe communities for all young people; and to help create informed youth populations who understand the importance of behaving responsibly and ethically online, and who are motivated to challenge cyberbullying in their schools and online communities.

## Program Objectives

- be empowered to recognize and effectively address cyberbullying
- explore the connections between cyberbullying, bias-motivated behavior and online hate activities
- gain tools and skills needed to respond to cyberbullying and to be cyberallies to others