

# Understanding and Addressing Cyberbullying

A Series of Training Programs for Educators, Administrators, Youth Service Providers, Youth and Adult Family Members

**Program Goals:** The overall goals of these programs 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.



## 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.

For some of these youth, online cruelty may be a precursor to more destructive behavior, including involvement in hate groups and bias-related violence.

## 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).

**Trickery, Trolling and Threats** is a half-day (3-hour) or full-day (6-hour) training for middle and high school educators, administrators and youth service providers that increases awareness about the unique features and impact of cyberbullying, provides strategies for responding effectively to cyberbullying, and fosters an increased culture of e-safety among youth. Participants will:

- increase their understanding and awareness about cyberbullying
- understand how cyberbullying occurs and its unique features and impact
- explore the connections between cyberbullying, bias-motivated behavior and online hate activities
- learn strategies for empowering youth to respond to cyberbullying
- be better prepared to foster an increased culture of e-safety

**Cyberbullying: Focus on the Legal Issues** is an interactive 2.5 hour training for middle and high school administrators that examines the legal issues related to cyberbullying. Participants will:

- explore key legal and constitutional issues including free speech, privacy, liability and criminal law
- discuss hate crimes and bias incidents in cyberspace
- examine appropriate intervention strategies and disciplinary responses to cyberbullying and cyberthreats

**CyberALLY®** is a half-day (3-hour) or full-day (6-hour) interactive training for middle and high school-age youth that provides practical information and opportunities for skill-building that will support youth 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. Participants will:

- 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

## Youth and Cyberbullying: What Families Don't Know Will

**Hurt Them** is an interactive 1.5–2 hour training for adult family members that increases understanding about the language, skills, information and challenges associated with cyberbullying. This knowledge will assist families in helping their children/teens respond in appropriate ways to incidents of cyberbullying and in promoting safe and respectful online environments for all people. The program will:

- increase understanding and awareness about the problem of cyberbullying
- educate and empower adult family members to effectively discuss and respond to their children's/teens' experiences with cyberbullying
- provide adult family members with the tools and skills needed to educate their children/teens in responding to cyberbullying and being allies to others

