

CYBERALLY™

A Cyberbullying Training Model for Middle and High School Students

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



Did You Know?

Studies of Internet-using adolescents indicate that **43%** of young people (over 10 million) have been the targets of cyberbullying and more than **10%** (almost 3 million) have bullied others online.

In a recent study, **52.4%** of the students reported that they knew someone who had been the target of cyberbullying.

Contact Us

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Prevent cyberbullying – be a CyberALLY!

With today's increasing access to online technology, the Internet and other electronic media are a big part of most students' lives. While there are many positive uses of electronic media, unfortunately they have also become a vehicle for social cruelty and 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 students that increases awareness about the unique impact of cyberbullying, provides strategies for students 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 safety and inclusion in online forums as part of a broader strategy to create safe schools for all youth, and to help create informed student populations who understand the importance of behaving responsibly and respectfully online and who are motivated to challenge cyberbullying in their schools and online communities.

Program Objectives

- To increase understanding and awareness about the impact of cyberbullying
- To educate and empower students to recognize and effectively address cyberbullying
- To explore the connections between cyberbullying, bias-motivated behavior and online hate activities
- To provide students with the tools and skills needed to respond to cyberbullying and to be cyberallies to others
- To create safer and more respectful online environments for students