

Activities for Teens

Ten Ideas for Youth to Educate their Community about Cyberbullying



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1. Research the problem. Spend time online to obtain a solid understanding of cyberbullying. Make notes on what you learn, and think about other related aspects, such as its causes and consequences.

2. Interview experts. Develop questions to ask cyberbullying experts. Find them online, and then drop them an email or give them a call to learn more about this problem.

3. Create informative posters which can be prominently displayed throughout school. Use vivid colors and imaginative slogans to bring attention to cyberbullying and how to deal with it.

*"I've just opened a new Facebook Group for anti-Cyber bullying!! Please all join up!!"
- 17-year-old boy*

4. Develop a website, blog, or Facebook group. Create an online resource for your friends and community by summarizing cyberbullying and linking to valuable information elsewhere on the Internet. Of course, remember to give credit for information you obtained from somewhere else.

5. Mentor younger students. Ask your former teachers or principals from middle or elementary school if you could talk to their students about cyberbullying. Share with them your experiences and ideas on how to keep safe online, and tell them what to do if they run into trouble. They value your opinion more than you might think!

6. Write a letter to the editor of your local newspaper. Express your concerns about the problem, share how it is affecting people you know, and encourage adults to take it seriously.

7. Create a public service announcement. All you need is a creative mind and your cell phone, digital camera, or digital camcorder and some editing software! Recruit some friends and make a short video to educate others. Post it on YouTube and Facebook, and share it with everyone you know!

8. Build an awareness or pledge campaign. Produce creative t-shirts, buttons, pins, key chains, magnets, or bumper stickers. Raise funds by getting sponsors from local businesses and organizations. Come up with a very cool and relevant design, and a hard-hitting message!

9. Review your school policy on bullying and cyberbullying. Ask your teacher or principal for a copy of the policy and examine it carefully. Does it seem adequate to you? Does it appear to cover the types of behaviors you hear about or see at your school (or other schools)? What suggestions might you have to improve it?

*"I have started to talk to other children who have had a similar experience and try and help them because they are going through the same thing that I went through and it helps to talk to people who understand."
- 9-year-old girl*

10. Teach your younger friends and relatives how to be safe online. Spend some time with younger friends and family (cousins, siblings, etc.) showing them how to responsibly use technology. Take a look at their Facebook page and see if they have any information posted that could be used to cyberbully them. Show them what to do if they are cyberbullied (for example, they should keep the evidence, block the user from messaging them, report cruel or embarrassing content, etc.).

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The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.us>. © 2010 Cyberbullying Research Center - Sameer Hinduja and Justin W. Patchin