



committee  
for

children®

**Second Step**  
e-newsletter

**SPECIAL EDITION**

## **SECOND STEP**

A Violence Prevention Curriculum

## **STEPS TO RESPECT**

A Bullying Prevention Program

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## **Resources**

### **For Children**

[The National Crime Prevention Council](#) (McGruff.org)

A good overview of important rules for children's Internet safety that you and your child can discuss together. It also has a game entitled "Shrink the Bully," which is a helpful teaching tool.

### **For Parents and Communities**

[NetSmartz](#)

Free online resources for parents, communities, tweens, teens, and younger children to help them stay safe online.

### **Books for Educators**

[Cyberbullying and Cyberthreats](#)

Nancy Willard, an expert in the field, outlines effective ways schools can promote safe and responsible Internet use.

[Character Building Day by Day](#)

Short, read-aloud stories to start discussions between teachers and students about character-education subjects.

## **How to Prevent Online Bullying**

In just a few weeks, your students will be on winter break. Since it's likely they'll be spending more time online and on their cell phones, they may be at increased risk of exposure to cyber bullying, which could adversely affect their emotional and physical health and school performance.

The good news is that you and your students' families can help them stay safe.

### **Tips for Educators and Parents**

#### **Create policies and classroom activities**

Make sure all students and staff are well educated on the topic of cyber bullying and have the guidance they need to prevent it. The following articles can help:

- [Dealing with Text Message Bullying](#)
- [Teaching Kids About Cyber Bullying](#)
- [Safeguard Your Students Against Cyber Bullying](#)

And here are some topics you might want to discuss with students before the holiday break. You can also suggest families talk about them together soon.

#### **Talk about Internet safety**

Children need to be just as careful about opening a "cyber door" as they are about opening the front door to strangers. They should never:

- Give out personal information online without a parent or guardian's permission
- Respond to messages that are suggestive, belligerent, threatening, or make them feel uncomfortable
- Click on any links in an email from someone they do not know

#### **Outline steps kids can take to stay safe**

Teach children steps they can take to help prevent cyber bullying:

- Don't respond to or forward emails or text messages that are mean or spread rumors
- Don't open emails or text messages from someone they know bullies others
- Block messages from anyone who bullies
- Save or print all bullying messages
- Show the messages to an adult they trust—like a parent or a teacher—and ask for help (if the first adult they tell doesn't help, they should keep telling until

someone does)

- Never arrange to meet someone who bullies them online

As [\*Second Step: Student Success Through Prevention\*](#) advises teachers, cyber bullying can reach a larger number of students than face-to-face bullying. And because it can be done anonymously, targeted students may find it more difficult to respond to or stop the harassment.

When the child is alone and young, the risk of cyber bullying increases. That's why it is important to help students and families become more "cyber-safe."

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