

Recommended Resources Addressing Cyberbullying

Cyberbullying is the act of bullying electronically. Cyberbullying happens when people use technologies like camera phones, instant messaging software, email, or web sites to put-down, threaten, scare, isolate, humiliate, or emotionally hurt others. Cyberbullies use many kinds of media such as text, photos, video, audio, or animation, either alone or in combination. Victims of cyberbullying often have no refuge because unlike traditional bullying, cyberbullying knows no boundaries of place or time, and can be done remotely and anonymously.

Select resources below include: [web sites](#), [articles](#), [experts](#), and [books](#).

Web sites

Cyberbully

www.cyberbully.org

Includes parent and educator guides to cyberbullying; Site is provided by the [Center for Safe and Responsible Internet Use](#)

Cyberbullying.org

www.cyberbullying.org

Web site by Bill Belsey; Shows examples of cyberbullying with different technologies; suggestions on what can be done; facts and news; links to related resources

Fight Crime: Invest in Kids Cyber Bullying web page

<http://www.fightcrime.org/cyberbullying/>

Definition; [survey results](#); 10 tips to reduce cyberbullying; suggested anti-bullying program; site by "a national, bipartisan, nonprofit anti-crime organization of more than 3,000 police chiefs, sheriffs, prosecutors, other law enforcement leaders and violence survivors"

Glenn Stutzky's web page on Cyber Bullying

<http://www.glennstutzky.com/id4.html>

Links to articles including comments by Glenn; link to a video of part of Glenn's workshop

i-SAFE: Cyber Bullying Statistics and Tips

http://www.isafe.org/channels/sub.php?ch=op&sub_id=media_cyber_bullying

MindOh! Foundation Cyberbullying Resources

<http://www.mindoh.com/Cyberbullying.aspx>

15 free tipsheets, worksheets, family activities, and lesson plans addressing cyberbullying prevention (grades 4 and up)

Cyberbullying Resources for Youth, Families and Educators from MindOH! Foundation

<http://www.mindohfoundation.org/bullying.htm>

Links and activity worksheets "designed to help youth understand the full meaning and consequences of bullying, to reflect on the choices they are making with regard to this issue, and to explore ways of stopping online social cruelty."

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Stop Bullying Now

<http://www.stopbullyingnow.hrsa.gov/>

Comprehensive site by U.S. Department of Health and Human Services; includes web animations of student characters dealing with issues including forms of cyberbullying. See also the cyberbullying page found under 'What Adults Can Do.'

A resource 4 kids!

Stop Cyberbullying

<http://www.stopcyberbullying.org/index2.html>

A program of www.wiredsafety.org; This site is an interactive resource with lots of information and resources geared toward different age groups and roles, including kids and teens; "visitors can build information packs or handouts, according to what they need to teach or research."

A resource 4 kids!

Articles & documents

Chu, J. (2002). You wanna take this online? Cyberspace is the 21st century bully's playground where girls play rougher than boys. *Time: Junior Edition*, 166(6), 52.

A resource 4 kids!

Giannetti, C., & Sagarese, M. (2006). The newest breed of bully, the cyberbully. National PTA. Retrieved August 24, 2006 from:

http://www.pta.org/archive_article_details_1117639656218.html

Gray, K. (2006, September 12). How mean can teens be? ABC News. Retrieved September 14, 2006 from: <http://abcnews.go.com/Primetime/story?id=2421562&page=1>

Iorio, N. (2005). Mean messages: Bullies have entered cyberspace. What can kids do to stop them? *Time for Kids*, 10(19), 6.

A resource 4 kids!

i-SAFE America. (2004). i-SAFE Times: Cyber Bullying. Retrieved August 23, 2006 from:

<http://www.isafe.org/imgs/pdf/newsletter/2004/newsletter-09.pdf>

Keith, S., & Martin, M. E. (2005). Cyber-bullying: Creating a culture of respect in a cyber world. (crisis prevention briefs). *Reclaiming Children and Youth*, 13(4), 224-225.

Kowalski, R., Limber, S. P., Scheck, A., Redfean, M., Allen, J., Calloway, A., Farris, J., Finnegan, K., Keith, M., Kerr, S., Singer, L., Spearman, J., Tripp, L., & Vernon, L. (2005, August).

Electronic bullying among school-aged children and youth. Paper presented at the annual meeting of the American Psychological Association. Washington, DC.

Manke, B. (2005) The impact of cyberbullying. MindOH! Foundation. Retrieved August 23, 2006 from: http://www.mindoh.com/docs/BM_Cyberbullying.pdf

Mitchell, A. (2004, January 24). Bullied by the click of a mouse. *The Globe and Mail*.

Retrieved August 23, 2006 from: <http://www.glennstutzky.com/id17.html>

Splete, H. (2005). Technology extends reach of the bully [Electronic version]. *Clinical Psychiatry News*, 33(5), 51. Retrieved from: <http://www.clinicalpsychiatrynews.com>

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Willard, N. (2005) An educator's guide to cyberbullying and cyberthreats. Center for Safe and Responsible Internet Use. Retrieved September 9, 2006 from: <http://www.cyberbully.org>

Wendland, M. (2003, November 17). Cyber-bullies make it tough for kids to leave playground. Detroit Free Press. Retrieved August 23, 2006 from: <http://www.glennstutzky.com/id15.html>

Ybarra, M. L., & Mitchell, K. J. (2004). Online aggressor/targets, aggressors, and targets: A comparison of associated youth characteristics. *Journal of Child Psychology and Psychiatry*, 45, 1308-1316.

Experts

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Books

Willard, N. (2006). *Cyberbullying and Cyberthreats: Responding to the challenge of online social cruelty, threats, and distress*. Eugene, OR: Center for Safe and Responsible Internet Use. (ISBN: 0972423605)

Simmons, R. (2003). *Odd girl out*. San Diego, CA: Harvest Books. (ISBN # 0156027348)

Aftab, P. (2000). *The parent's guide to protecting your children in cyberspace*. New York: McGraw-Hill. (ISBN # 0071357521)