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It Can Happen Here Too: Cyberbullying on College Campuses [brochure]

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SNAPSHOTS

UNIVERSITY of WISCONSIN-MILWAKEE

April 2010:

When 19 year old student Terry Maxwell ran for the Grafton School Board, a Facebook page was made to lobby against him.

Supporters of the group posted personal attacks” on the profile wall and things got vicious. The scathing comments demonstrated just how quickly situations can escalate online



RUTGERS UNIVERSITY.

September, 2010:

First year student Tyler Clementi committed suicide by jumping off the George Washington Bridge after his roommate and another student used a webcam to secretly film him having sex and streaming it on the Internet



FACTS OF INTEREST

- University of Northern Iowa: 34% of 191 surveyed were victims of cyber bullying, 19% said that they had engaged in cyber bullying behavior and 64% had observed cyber bullying incidents
- Western Virginia University: A graduate student studying cyber bullying for her thesis surveyed 799 undergrads on campus. 69 students reported being victims of cyber bullying on more than one occasion at WVU
 - Four of these respondents identified having attempted suicide
 - All reported higher occurrences of depression, anxiety and paranoia than the control group

RESOURCES AND REFERENCES

- Betti, L. (2011). *Cyberbullying: awareness and action*. Little Falls, NJ: PaperClip Communications
- Center for Safe and Responsible Internet Use
www.csriu.org/cyberbullying
- Cyberbullying Research Center
www.cyberbullying.us
- Cyberbullying: Bullying in the Digital Age
www.cyberbullyhelp.org
- Stop Bullying
www.stopbullying.gov
- The National Center for Bullying Prevention
www.pacer.org/bullying
- Working to Halt Online Abuse (WHOA)
www.haltabuse.org



WHAT IS CYBERBULLYING?

Willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices
- Cyberbullying Research Center



WHY IT HAPPENS IN COLLEGE...

"Considering the fact that as many as 70 percent of middle- and high-school students have experienced cyberbullying, it is probable that the prevalence among college students will be higher" as these students enter college.

-Ikuko Aoyama
Doctoral Candidate
Baylor University



HOW IT HAPPENS...

College students, are flooded with digital media, Facebook, Twitter, YouTube, text messaging and other social media, which provide a platform that makes it easy for bullies to take advantage of others. Stealing passwords, impersonating others, posting incriminating photos and other methods of commenting on social media platforms have made it very easy for students to make anonymous comments and posts. This can often make the perpetrators feel more empowered, since it is unlikely that his or her identity will be discovered.



IF YOU ARE BEING BULLIED...

Remember that you have a right to:

- Live your life free from fear
- Be safe and protected
- A supportive community and school environment
- Thrive physically, psychologically, socially and academically

STRATEGIES TO END IT:

- Tell them to stop
- Do not blame yourself
Remember that no matter what someone says, you should not be ashamed of who you are or what you feel
- Be proud of who you are
- Talk with someone you trust
Talking to someone could help you figure out the best ways to deal with the problem. Reach out to family members and friends you trust to discuss the problem
- Do not be afraid to ask for help
Talking to a counselor can help you get through the emotional effects of bullying
- There may be policies and laws to help you
Federal, state and local law may also offer you protection if the bullying has risen to a certain level. Many schools, colleges, and places of work also have policies against bullying or other related behaviors. Reach out to representatives in your community to find out more about what assistance is available to you

stopbullying.gov

IF YOU ARE THE BULLY...

- Put yourself in their shoes
- If it seems like you are hurting them, stop
- Ask them how they feel
- Do not let your friends bully others
- Apologize. Saying "I'm sorry" goes a long way
- Resolve to do better. Although you cannot change what has happened, you can change how you treat others in the future.
- Speak with friends or family members. They may have good ideas about what you can do to change how you treat others
- Talk to a professional. Asking for help from a counselor or health professional may be helpful. Sometimes it is good to talk with someone who is not personally involved to help you find solutions

stopbullying.gov

