

TAKE A STAND AGAINST

CYBERBULLYING

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PRESENTED BY

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WHAT IS CYBERBULLYING?

“Cyberbullying” is when a person is repeatedly tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another individual who is using the Internet, interactive and digital technologies, or mobile phones. Most assume that cyberbullying is an issue for high school and middle school students, the equivalent of schoolyard teasing. But in a recent study of university students, just as many reported that their first experience with cyberbullying occurred in college as reported that it first happened in middle school.

(Source: Cyberbullying goes to school)

<http://blogs.wsj.com/digits/2010/09/30/the-rutgers->

HOW COMMON IS IT?

There is an abundance of anecdotal evidence that bullying and cyberbullying occurs among college students, however, very little research has been done in this area. Consequently, there is not a lot of data to explain this negative social interaction. Luckily, more researchers are starting to examine the role of bullying on college campuses. Here is some data to consider.

- Between 4% and 30% of the youth in the U.S. have been cyberbullied.
- 10% to 20% of college students have been bullied repeatedly through their cell phones or through use of the Internet. (Finn, 2004; Schenk, 2011)
- 22% of college students reported being cyberbullied, 15% reported being bullied and 38% reported knowing another student who had been cyberbullied (MacDonald & Roberts-Pittman, 2010).
- Approximately 50% of the college students reported being victims of cyberbullying at least once in their life time. (Dilmac, 2009)

WHAT ARE SOME TRICKS USED BY CYBERBULLIES?

- Sending mean messages or threats to a person's email account or cell phone.
- Spreading rumors online through texts or tweets.
- Posting hurtful or threatening messages on social networking sites or web pages.
- Stealing a person's account information to break into their account and send out damaging messages.
- Pretending to be someone else online to hurt another person.
- Taking unflattering pictures of a person and spreading them through cell phones or through use of the Internet.
- Sexting or circulating sexually suggestive pictures or messages about a person.
- Repeatedly sending mean (, angry, rude, or vulgar) messages or threats to a person's email account or cell phone.

I'M BEING BULLIED. WHAT DO I DO?

- Don't open or read messages by cyber bullies.
- Don't respond to bullying messages. Responding encourages and rewards the bully.
- If bullied through chat, instant message, or e-mail, the bully can often be blocked.
- Consider closing your Facebook / e-mail account or changing your phone number. Doing this cuts off the bully's access to you.
- When you open up new accounts, only give this new information to a few close friends. It is important to tell your friends not to share your new contact information.
- If you are threatened with harm, inform the local police.
- Save all of your messages. They may be needed in order to take action.
- Get people involved to help you emotionally and socially. Do not deal with this alone.
- Tell a trusted authority figure, such as a parent, family member, counselor, or UIC staff or faculty member. They will give you help, support, and advice.

HOW DO I PROTECT MYSELF ONLINE?

- Ask your friends to not share or forward pictures or information that you share with them.
- Ask friends to not post embarrassing pictures of you, especially those taken at a party.
- Protect yourself from identity theft by not putting important personal information such as your date of birth, place of birth, or address, at social media sites.
- Stop cyberbullying as soon as it starts by immediately closing the account through which the negative message was sent.

HOW DOES IT FEEL TO BE BULLIED?

■ EMOTIONAL

- High stress levels
- Reduced self-esteem
- Increased depression
- Irritable, anxious, oversensitive, cries easily
- Acting out at home
- Change in overall mood pattern

■ PHYSICAL

- Difficulty falling asleep or staying asleep
- Changes in appetite
- Health complaints such as stomach aches or headaches

■ SOCIAL

- Avoidance of family members or friends
- Not participating in fun activities
- Fear of using the Internet or cell phones

■ ACADEMIC

- Slipping grades
- Skipping school
- Lack of concentration in classes

HOW DO I MANAGE THE EFFECTS OF BEING BULLIED?

■ EMOTIONAL EFFECTS

It is very normal to feel stressed and upset in this situation. Keep the negative emotions and stress from building up by hanging out with good friends, going out bowling or dancing, watching a funny movie, or doing things that make you smile and laugh. Fight the negative energy from the bully by focusing on having even more fun in your life.

If you notice that you are so stressed that it is affecting your school work, your social life, your physical health, and your emotional health, then it is time to get help! You need someone to talk to who can give you advice, support, and the tools that you need to manage this temporary life situation. The Counseling Center and The Wellness Center have this to offer and more in terms of helping you stay on track during this stressful time. They are friendly and helpful people, and want to help you. The Counseling Center phone number is 312-996-3490. The Wellness Center phone number is 312-413-2120.

■ ACADEMIC EFFECTS

Is this situation bothering you to the point where you are afraid to go to class, cannot concentrate on your homework, or cannot focus on what your professor is saying? You need to make a commitment to yourself that you are not going to let this individual(s) get in the way of your academic or future success. Tell your professor. He or she is not going to give you a free ride, but they will help you to find realistic solutions to keeping your grades up while you manage your situation. Ask your friends if they will study or walk to class with you.

HOW DO I MANAGE THE EFFECTS OF BEING BULLIED?

■ PHYSICAL EFFECTS

Over time, stress can build up in your body and rob you of the ability to be calm and think clearly. Now is the time to get to the gym! Exercising helps your body to get rid of the adrenaline/cortisol that is produced by stress. This build-up of adrenaline is what keeps you from falling asleep at night, makes you anxious, irritable, and more likely to get sick. Doing some form of light to moderate physical exercise will help you to manage all of these symptoms. So walk, ride your bike, run, play basketball or frisbee. It does not matter what you do, just do something!

■ SOCIAL EFFECTS

This is an important time for you to be with people who love and support you, so don't hide from positive social contacts. Reach out to trusted friends and family. Tell them what's happening, get advice from them, and most importantly keep them in your life. Laughing and joking with your friends and family is the very best medicine for you right now!

UIC POLICY OF NON-DISCRIMINATION

UNIVERSITY OF ILLINOIS NONDISCRIMINATION STATEMENT

The commitment of the University of Illinois to the most fundamental principles of academic freedom, equality of opportunity, and human dignity requires that decisions involving students and employees be based on individual merit and be free from invidious discrimination in all its forms.

The University of Illinois will not engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, order of protection status, genetic information, marital status, disability, sexual orientation including gender identity, unfavorable discharge from the military or status as a protected veteran and will comply with all federal and state non-discrimination, equal opportunity and affirmative action laws, orders and regulations. This nondiscrimination policy applies to admissions, employment, access to and treatment in the University programs and activities.

University complaint and grievance procedures provide employees and students with the means for the resolution of complaints that allege a violation of this statement. Members of the public should direct their inquiries or complaints to the appropriate equal opportunity office.

For additional information or assistance with the equal opportunity, affirmative action, and harassment policies and procedures of the University of Illinois at Chicago, please contact:

Office for Access and Equality MC 602

717 Marshfield Avenue Building

809 South Marshfield Avenue

Chicago, IL 60612-7207

312-996-8670

http://www.uic.edu/depts/oar/campus_policies/nondiscrimination_statement.html

Policy Link: <http://www.uic.edu/depts/oaie/docs/Nondiscrimination%20Statement%2006-10.pdf>

Policy Council Revised June 24, 2010

WHO CAN HELP ME?

- Office of the Dean of Students
Student Services Building
1200 West Harrison Street Suite 3030
312-996-4857

The Office of the Dean of Students is a resource students can utilize when needing any form of assistance for yourself or for someone you are trying to help. If you feel you are being bullied and are not sure what to do, call, email, or visit us! We will listen and provide you with information on options for addressing your concerns. If we do not offer the specific assistance you need, we will make sure you are connected with the right person or office. Our services include:

- Student Advocacy Services (personal matters)
- Student Ombuds Services (student situations)
- Student Conduct Services (addresses student misconduct)
- Student Veteran Affairs (benefits, activities and other resources)
- Student Legal Services (legal options outside of UIC)

- UIC Counseling Center
Student Services Building
1200 West Harrison Street Suite 2010
312-996-3490

Talking with a Counseling Center professional can provide the safe, supportive, confidential setting to explore your concerns towards improving your emotional, physical, and academic functioning.

- UIC Wellness Center
Room 238 Student Center East MC 894
750 South Halsted Street
Chicago, IL 60607
312-413-2120

The Wellness Center offers individual consultations that are confidential, last about an hour, and offer students practical and easy-to-use solutions. Appointments are preferred, however students can sometimes be immediately seen as a “walk-in.”

ONLINE RESOURCES

- Here are a few websites that will give you additional information and support regarding cyber bullying. Please be patient with some of the websites that seem to be addressing high school students. Their information is still very pertinent to meeting your needs.

- Cyberbullying Help: <http://www.cyberbullyhelp.com/>
- Cyberbullying Research: <http://www.cyberbullying.us/>
- National Crime Prevention Center: <http://www.ncpc.org/cyberbullying>
- Stop Cyberbullying: <http://www.stopbullying.gov/cyberbullying/index.html>
- Wired Safety: <https://www.wiredsafety.org/>

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