

SHOW ME RESPECT!

TIPS FOR THWARTING CYBERBULLYING, CYBER-HARASSMENT AND CYBERSTALKING



CYBERBULLYING DEFINED



cyberbullying, *n.*

Repeated, intentional and often anonymous act done to harm another person through e-mail, cell phone text messages, social networking web sites, chat rooms, and instant messaging. It can be perpetrated by one person or a group of people.

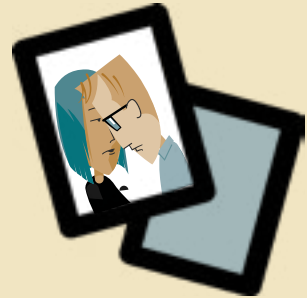
SOURCE Schenk, A. M. & Fremouw, W. J. (2012). Prevalence, Psychological Impact, and Coping of Cyberbully Victims Among College Students, *Journal of School Violence*, 11:1, 21-37, DOI: 10.1080/15388220.2011.630310



TYPES OF CYBERBULLYING

Denigrating

Putting someone down by posting or sending cruel and embarrassing material (text, photos, etc.) about the individual to others.



Flaming & trolling

Posting angry, rude or mean-spirited comments and provoking others to do the same.

Harassing

Sending repeated, unwanted messages to another person.



Outing

Posting or sending out **private** information about someone without that person's permission and with the intent of embarrassing or harming that person.



SOURCE

Schenk, A. M. & Fremouw, W. J. (2012). Prevalence, Psychological Impact, and Coping of Cyberbully Victims Among College Students, *Journal of School Violence*, 11:1, 21-37, DOI: 10.1080/15388220.2011.630310



AND MORE...

Excluding

Leaving someone out of an online group for malicious reasons.

Masquerading

Sending or posting messages, or creating Facebook, Twitter or other social media profiles as someone else in an attempt to damage the victim's reputation or relationships.



Where are you?
You're with him, aren't you?

Mobbing

Recruiting friends and allies to send hundreds of text messages to the victim's cell phone or mobile device.

Stalking

Threatening harm or intimidating someone else by constantly monitoring their actions and location. Stalking is a serious issue. Thousands of college students are stalked every year. If you are being stalked by a current or former intimate partner, you can receive help and support from the RSVP (Relationship and Sexual Violence Prevention) Center, G210 MU Student Center (lower level), 573-882-6638, rsvp.missouri.edu, or the Title IX Coordinator, 202 Jesse Hall or 145 Heinkel, 573-882-3880, titleix.missouri.edu.

SOURCE

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IT'S NOT OKAY.

Threatening, frightening, or intimidating in such a way that causes emotional stress

Missouri State law on harassment



violates
Missouri State law
and the MU Student
Code of Conduct.

Student Code of Conduct



It also **violates the**
Acceptable Use Policy if done from Mizzou campus computers or from the campus wireless or wired network.

Acceptable Use Policy



Ultimately, cyberbullying can destroy someone's life and lead to severe depression, suicide, or other violent outcomes.



WHAT TO DO IF YOU ARE HARASSED

Decide whether to respond.

If you know the person, respond to the first message, telling them to stop. If the first message is anonymous, don't respond. Don't respond to any additional messages and block or delete/unfriend/unfollow the person.

Document. Document. Document.

Take screen shots. Save all communications for evidence. Do not alter them in any way. Keep electronic copies, not just print-outs. Having forms of proof such as the actual text messages, e-mails, and voicemail makes it easier to build a case for harassment and pursue charges.



Report it.

Report abusive posts or messages to the service provider—Facebook, Twitter, the harassers' cell phone provider, or their Internet service provider. You can also report the abuse to your Residential Life community advisor, the MU Office of Student Conduct at 573-882-5543, or the MU Equity Office at 573-882-9069. If you think you are being harassed or threatened, contact the MU Police Department at 573-882-7201 to speak with an officer.



WHERE TO GET HELP

Residential Life

Talk with your community advisor (CA) about the situation. He/she may be able to help you resolve the problem informally or recommend others who can help.

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Office of Student Conduct

G206 MU Student Center, 573-882-5543
conduct.missouri.edu

If the person responsible for the harassment, stalking, or invasion of privacy is an MU student, you can report the incident to the Office of Student Conduct.

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MU Police Department

901 Virginia Ave., 573-882-7201
www.mupolice.com

An MU Police Officer can help determine whether to pursue appropriate legal actions based on Missouri law and the details of your case.

Counseling Center

119 Parker Hall, 573-882-6601
counseling.missouri.edu

The Counseling Center can provide help if you feel depressed, anxious, fearful, or in crisis.

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24-Hour Crisis Hotline

1-800-395-2132

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Office for Civil Rights & Title IX

202 Jesse Hall and 145 Heinkel, 573-882-3880
civilrights.missouri.edu

If you're unsure what to do, the Office for Civil Rights and Title IX can offer advice and referrals, especially if you believe the harassment is based on your race, ethnicity, age, socioeconomic class, religion, disability, nationality, political affiliation, physical appearance, language, sexual orientation, gender expression or veteran status. Call, stop by, or report the issue using the online form.



HOW TO HELP SOMEONE BEING HARASSED

- 1** Refuse to pass on the harasser's messages.
- 2** Tell friends to stop the harassment or bullying.
- 3** Offer the victim support without blame.
- 4** Report abusive posts to the proper authorities.
- 5** Block communication with those who are posting or sending abusive messages.

