

WEST BRANCH COMMUNITY SCHOOL DISTRICT

# Anti- Cyberbullying

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# ISSUE STATEMENT



*Because...*

**37% of middle schools** and **25% of high schools** in the US reported cyberbullying occurred at least **once a week** in 2022

*West Branch Community School District asked us to...*

- Explore **anti-cyberbullying** programs
- Promote a bullying-free campus
- Ensure **students are supported**

Source: National Center for Education Statistics 2024

# BACKGROUND

**77% of students  
use social media several  
times a day**

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**Cyberbullying occurs  
3%  
more in a day  
than traditional  
bullying**

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# BACKGROUND

**1 in 5 students  
ages 12-18 reported  
negative impacts to  
schoolwork**

Cyberbullying occurs  
**3%**  
more in a day  
than traditional  
bullying

**77% of students**  
use social media several  
times a day

# INVENTORY OF ACTIVITIES



## Leader in Me

Teaches the elementary school about anti-bullying



## Policy 105 and Complaint Form

Defines bullying and the school's response



## Cellphone Restrictions

Reduces student access to electronic communication



*Parents*

## **Wellesley Public School District Bullying Resource Page -**

Massachusetts School Resource Guide

- Centralized parent information hub
- Bullying fact sheets and prevention guides
- Tips for supporting children experiencing bullying
- Resources for educators



# **Best Practices**



## *Parents*

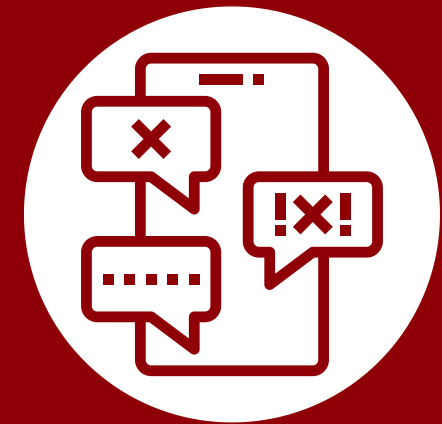
Wellesley Public School District Bullying  
Resource Page



## *Staff*

**South Hardin CSD/Iowa Department of  
Education** - Cyberbullying Prevention  
Module

- Self-paced, 45-minute educator training on cyberbullying awareness and prevention



# Best Practices





## *Parents*

Wellesley Public School District Bullying  
Resource Page



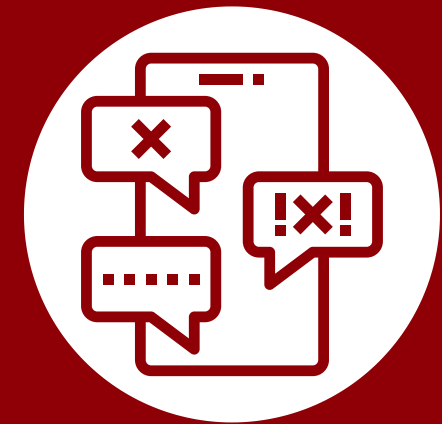
## *Staff*

South Hardin CSD/Iowa Department of  
Education

## *Students*

**University of Northern Iowa** - Mentors in  
Violence Prevention

- Peer leadership program empowering bystanders to prevent violence
- In 70+ Iowa schools since 2012
- Proven to reduce bullying and increase awareness
- Complements SEL programs



# Best Practices

## POLICY RECOMMENDATION 1

# PROVIDING PARENT RESOURCE GUIDE

### Digital Awareness



An open line of communication regarding online behavior and technology can help potential victims feel more likely to reach out to parents. Education for parents about social media and how they work can aid parents in recognizing if children are experiencing cyberbullying victimization.

#### Basic Prevention Tips

- ☐ Monitor child's social media sites, apps, and browsing history
- ☐ Review or res-set child's device location and privacy settings
- ☐ Friend or follow your child on social media sites
- ☐ Stay up to date on latest apps, social media platforms, and digital slang
- ☐ Know your child's usernames and passwords for social media accounts
- ☐ Establish rules about appropriate digital behavior, posting content, and apps

### Warning Signs



It is important for parents to be able to recognize the warning signs that may indicate that their child is experiencing cyberbullying victimization. A lot of the warning signs of cyberbullying happen around a child's use of their digital devices. While by no means a concrete list, some warning signs include:

Noticeable increases or decreases in device use, including texting

Your child exhibits extreme emotional responses (anger, sadness) to what is happening on their device

Child often hides their screen when others are near; avoids discussion about online activity

### What to Do



Being able to help and support your children in times of need can be difficult, especially when it surrounds a digital landscape that parents might not be familiar with. Included are some possible steps and tips for parents about what to do when you believe your child is experiencing cyberbullying.

1

Ensure your child is currently safe and feels so, make sure to convey unconditional support.

2

Talk with your child in a calm manner and avoid heightening child's sense of isolation and stress. Learn what had happened and refrain from minimizing the situation; cyberbullying is a serious issue and has lasting effects.

3

After discussing with your child about what they would like to do, collect screenshots or recordings of any messages, pictures, or videos that show proof of cyberbullying. It may prove useful to keep note of the context; like how frequently the harassment occurred, the severity of cyberbullying, and who may be involved.

# POLICY RECOMMENDATION 2

# STARTING A PEER MENTORSHIP PROGRAM

## Lesson 1: Defining Bullying and Cyberbullying

*Estimated Time: 40 minutes*

### Essential Question

*What is bullying and cyberbullying and what actions can be taken against it?*

### Lesson Overview

Students learn what bullying is and the school's policy surrounding it. Students learn the negative impacts of bullying and the resources available to them.

Students discuss related questions.

### Learning Objectives

*Students will be able to ...*

- Define bullying and cyberbullying
- Detail the consequences of bullying on the bully and the victim
- Identify anti-bullying resources available to them



*Bi-Semester  
Curriculum*

## POLICY RECOMMENDATION 3

# IMPLEMENTING FACULTY TRAINING

### ***Training Module***

All WBCSD faculty to complete annual districtwide, ~45-minute asynchronous module aligned with WBCSD goals

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### ***Focus on Digital Citizenship***

Integrates responsible online conduct, digital footprints, and clear behavioral expectations for all grade levels

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### *Training Module*

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### *Focus on Digital Citizenship*

Integrates responsible online conduct, digital footprints, and clear behavioral expectations for all grade levels


### ***Free, Evidence-Based Resources***

Uses existing modules, one-pagers, and mini-trainings from state-supported platforms at no district cost




POLICY RECOMMENDATION 3


IMPLEMENTING FACULTY TRAINING




### Key Terms




Cyberbullying:	“Willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.” <a href="#">Cyberbullying Research Center</a>
Permanence:	Because of its persistence and its permanence, cyberbullying can be extremely hurtful and very difficult to stop or even locate the perpetrator. Inappropriate pictures/videos are likely to fall into the wrong hands in seconds.
Nexus:	There must be a <b>close connection, a direct link</b> , to the virtual or brick & mortar school learning environment for school’s to be legally obligated to intervene, investigate, and give possible consequences to a student(s) who cyberbullies.
Primary Prevention:	A systematic process that practices and promotes safe, healthy environments and behaviors in order to reduce the likelihood or frequency of bullying or cyberbullying from occurring.
Digital Citizenship:	Responsible use of technology by anyone who uses computers, the Internet, and digital devices to engage with society on any level.



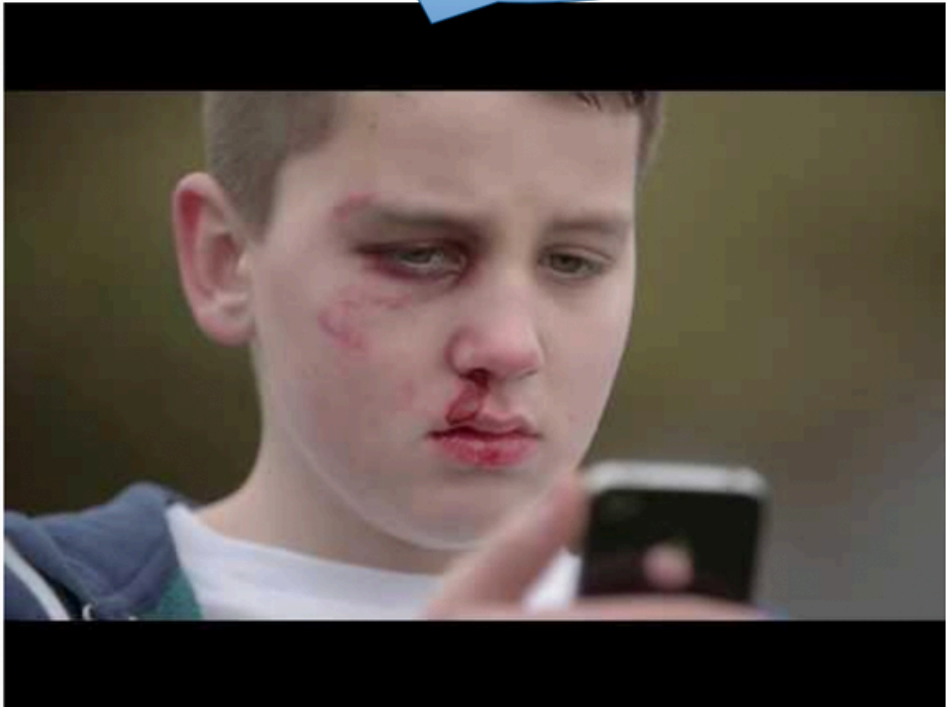
### Impact of Cyberbullying





IOWA  
e-Learning  
CENTRAL

Great video to share with your students to begin a cyberbullying conversation!



**Discussion questions:**

1. What did you notice about the way in which cyberbullying was portrayed in this video?
2. How did watching this video make you feel?
3. What new learning or perspective did this video provide for you?



# WORKS CITED

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- "2023 National Youth Risk Behavior Surveillance System." Centers for Disease Control and Prevention, 2023.*
- Wellesley Public School District. "Anti-Bullying Resources." Wellesley Public Schools Learning • Caring • Innovating, 4 Aug. 2025.*