

STAND UP TO BULLYING FROM #DAY1



We are so excited to introduce to you our new Cybersafety Guide! [Check it out here](#). The first part in a new series of resources, this guide is intended to **promote safety, kindness and respect** online. Our Cybersafety Guide is available on here for download as a PDF document by navigating to the "resources for download" section.

Our mission has always been clear- to end online and offline bullying, harassment, and humiliation. Today, we proudly release a new resource as part of our ongoing effort to help schools, families, workplaces, and faith communities **to end online bullying**

Our new cybersafety guide will help you and your family **identify and respond** to cyberbullying behaviors. It also includes **resources for LGBTQ+ youth**, tips for **communicating safely and respectfully online**, and ideas for **discussing social media with your family**. Our goal is to encourage **#Upstander behaviors** in digital spaces. Keep an eye out for new resources in the next few months.

Share your [online #Upstander story](#) with us or [donate](#) today to support our new resources for schools, workplaces, and faith communities. Thank you so much for your continued support!

[Click here](#) to access our Cybersafety GuideFull Link: <https://tylerclementi.org/resources/tcf-cybersafety-guide/#>

Cybersafety Guide

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What is Cyberbullying?

Cyberbullying is any unwanted, aggressive online behavior that is intentionally hurtful and targeted. It may or may not include a power-dynamic or discrimination based on race/ethnicity, nationality, gender, sexuality, ability, body size/shape faith or any other difference and it can result in feelings of humiliation, shame or embarrassment. It is often repeated and it can sometimes be difficult for the target to avoid.

The **target** is the person experiencing the effects of intentionally hurtful words or actions. Nobody should be defined by the actions of an aggressor, therefore we use this term instead of the word victim.

The **#Upstander** is someone who interrupts bullying, when it is safe to do so. They say, in a kind and assertive manner, that they will not tolerate bullying behavior. If the Upstander feels unsafe interrupting, or if their intervention did not stop the behavior, they will report it to a trusted adult or person of authority. Then, Upstanders reach out to the target to see if they are alright and say, "You are not alone."

Bystanders are those who notice bullying or cyberbullying but do not intervene or reach out to help.

The **Aggressor** uses words or actions to intentionally hurt the target. The aggressor may be a friend, classmate, teammate, family member, or even a complete stranger, but we prefer to avoid using the term Cyberbully or bully. Instead, this person acted as an aggressor. They should not be bound to carry any label forever. Aggressive behaviors can often be changed through kindness and compassion.

Think about it: not all cyberbullying looks the same. If you're concerned that it may be an issue in your community, speak to a trusted adult.

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