STAND UP TO BULLYING FROM #DAY1

Cybersafety Guide

I AM UPSTANDER

TYLER CLEMENTI FOUNDATION
tylerclementi.org

SAFETY, KINDNESS AND RESPECT IN DIGITAL SPACES

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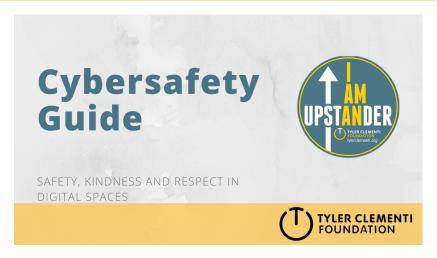
At the Tyler Clementi Foundation, we believe that classrooms, families and workplaces should **encourage online safety through kindness and respect**. Even if you've never experienced the harmful effects of cyberbullying, you can still proactively set guidelines and **start the conversation** about online safety within your community.

If you haven't yet, check out our new Cybersafety Guide.

Here are just a few ideas to consider:
1. Host regular, offline family check-ins to share your experiences on social media and texting.
2. Work together to develop family guidelines for online safety.
3. If you or your family members experience hurtful words, do not respond, log out, take a deep breath, and talk about it.
4. Remember: don't repeat it- delete it! Your words matter. If interrupting bullying doesn't work, choose to ignore the negativity.
5. Click here to view it online and to download your free PDF version.
- If you have other ideas, please email them to us at outreach@tylerclementi.org

To all the recent graduates, we wish you a well-deserved **congratulations**. And to the students finishing their school year, a **safe and restful summer break**. Finally, we **thank you all** so much for sharing in our mission.

As always, please send us your Upstander story or donate today to support our anti-bullying programs for schools, workplaces, and faith communities.

[Full Link: https://tylerclementi.org/resources/tcf-cybersafety-guide/#]

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Safety and Respect Online

Before posting or texting, take a breath, and reread your message. If your message is **supportive** or **encouraging**, then go ahead and post it!

If your message is hurtful, derogatory, or attacks someone's character, consider **rewriting it** or deleting the message altogether. Never share or re-post a negative or harmful message. **Remember: don't repeat it, delete it!**

DON'T REPEAT IT
• gossip or rumors
• bigotry
• targeted abuse

DELETE IT!

If you feel safe doing so, always **interrupt** bullying, harassment or humiliation with kindness and compassion. Never add to cycles of humiliation by repeating hurtful words. Always choose to be an **#Upstander.**

Your words matter and choosing to be an #Upstander means replacing potentially harmful words with words of **kindness and compassion**. Far too often, users on social media repeat harmful words that they would never choose in face-to-face interactions.

A hurtful joke or comment can be **amplified** by comments that fail to interrupt cycles of discrimination or abuse.

Think About It: Are other individuals in your online community practicing safe and respectful online communication?

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