

What to do if you are the victim of Cyberbullying

Being cyberbullied can make you feel helpless, but there are steps you can take to protect yourself and seek help. The most important thing to do is to talk to an adult you trust as soon as you realize there is a problem. How to react to cyberbullying:

Ignore—Sometimes bullies are encouraged by seeing a reaction.

Record—Keep a record of bullying messages you receive—in hard copy. If you can show an adult either the messages themselves or a diary of when you received them, it may be easier to verify what went on and who the bully was.

Reach out—Your parents, a favorite teacher, school administrators, counselors, and even police officers can help you deal with cyberbullying.

Cut off the bully—The National Crime Prevention Council advises victims to stop all communication with the bully when possible. You may be able to block their phone number so you no longer receive their calls or texts. Facebook and instant messenger providers allow you to block other users so that they can no longer interact with you. If for some reason it's not possible to block a cyberbully, you can always screen their calls and delete their messages without opening them.

Go high-tech—If you're being bullied via a website, chances are that the bully is going against the website's terms of use. Reporting bullies to the website administrator may get them kicked off the site.

Ask Someone for Help

To stop bullying—whether verbal, written or cyberbullying — it can be helpful to tell someone that you are being bullied. This can seem scary at first, but telling someone can lighten your load and help you to work out how to solve the problem. Talking to someone is particularly important if you feel unsafe or frightened, or if you don't have many friends. Asking for help or talking to someone about your situation is not being weak or "giving in." In fact, telling someone can take a lot of strength and courage.

Some tips for getting help

- It might be easier if you talk to someone you know well and trust.
- If you decide to talk to a teacher or counselor, you might feel more comfortable taking a friend with you. If you feel you might get too nervous to speak, write down what you'd like to say on paper or in an e-mail.
- If you think that the person you're speaking with doesn't believe you, or isn't taking you seriously, or if that person doesn't help you take action, it doesn't mean that your feelings aren't valid or that the bullying should continue. It's important you tell someone else and continue to do so until you get the help you need.

Finding help at Galway School:

DASA Coordinator	Mrs. Hall
DASA Coordinator	Mrs. Donovan
DASA Coordinator	Mr. Huszar
DASA Coordinator	Mrs. Bornt
Jr/Sr High School Principal	Mr. Healey
Elementary Principal	Mrs. McDougall
HS Counselor	Miss Morck
Elem/Jr HS Counselor	Mrs. Britten

Dignity For All Students Act



Galway Central School District

New York State's Dignity for All Students Act (The Dignity Act) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

Purpose of the Dignity for All Students Act

The purpose of DASA is to afford all students an environment free of discrimination and harassment, to foster civility in school and to prevent and prohibit conduct which is inconsistent with a school's educational mission.

What is Harassment?

The creation of a hostile environment by conduct or by verbal threats, intimidation or abuse that has, or would have, the effect of unreasonable and substantially interfering with a student's educational performance, opportunities or benefits, or mental, emotional or physical well being.

What is Bullying?

An intentional act of aggression based on an imbalance of power that is meant to harm a victim either physically or psychologically. Bullying usually occurs repeatedly and over time, however sometimes can be identified in a single event.

What is Cyberbullying?

Harassment or bullying which occurs through any form of electronic communication. Protection under DASA includes cyberbullying which occurs off school grounds behavior which potentially creates a risk of substantial disruption with in the school environment.

DASA Protection

DASA is intended to protect every student from harm from harassment, discrimination, bullying and cyberbullying. Protected classes include, but are not limited to:

- Race
- Color
- Weight
- Religious practice
- National origin
- Ethnic group
- Religion
- Disability
- Sexual Orientation
- Gender Identity

Types of Bullying Behavior

Physical - Hitting, punching, tripping, kicking, pushing, scratching, damaging/stealing property

Verbal - Name calling, teasing, taunting, making offensive remarks, making discriminatory remarks, verbally threatening, intimidating

Social/Emotional/Relational—Excluding or threatening to exclude, spreading rumors, gossiping, ostracizing, alienating, using threatening looks or gestures, extortion

Cyberbullying—Use of the internet or cell phone to harass or intimidate.

What Should You Do If You Are A Victim?

Depending on how bad the bullying is (and as long as you aren't feeling unsafe, frightened or physically threatened), you might decide to try and work it out by yourself first. Try and remember that no matter how hard you try, the bully might not be willing to change his or her behavior. At this point, talking to someone else can be really helpful.

When possible, ignore the bully. Ignoring can be helpful, particularly for one-time cases. Bullies are looking for a reaction from you and often lose interest if they aren't given the satisfaction of making you upset.

Build a wall around you. It might be helpful to build an invisible wall around you by visualizing it in your mind. Any verbal abuse then just bounces off the wall.

Use visualization. Bullies can be pretty scary. Picturing that person looking silly might help to make them less problematic for you.

Stay positive. It can be hard to remember all your good points when someone is doing their best to be negative

Hang around other people. You might be safer if you stay in groups. If you are alone, try to identify people who can offer you safety.

Be confident. Bullies usually pick on people that they think are weaker than they are, so it might help if you stand up to them.

Suggestions on how to stand up to a bully:

- Telling him or her to leave you alone may get a bully off your back;
- Ever heard of the phrase "kill them with kindness"? Being nice to a bully may throw him or her off;
- Using humor can also throw a bully off track;
- Use positive self-talk. Try saying to yourself something like I know I am better than that. I'm not like that. I don't have to pick on other people to know that I am good;
- Remember that your friends accept you for who you are.

Keep out of a bully's way. It might be possible for you to avoid the bully. This can mean getting to school in a different way, or avoiding the places that you know he or she hangs out.