

Tulare County Office of Education | CHOICES TUPE Newsletter

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Cyberbullying

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



Cyberbullying

Cyberbullying is an intentional and repeated harmful act on others through the use of electronic devices such as cell phones, tablets, gaming systems, and computers.

Students typically engage in cyberbullying behaviors as a way of:

- releasing anger
 - expressing frustration
 - taking revenge on others
 - seeking attention
 - entertainment
- Cyberbullying can happen anywhere and at any time
 - It can be hard to avoid because it can take place before, during, or after school
 - It can be challenging to cope with when a bully chooses to hide their identity
 - Targets of cyberbullying can suffer alone, because others cannot always see the impact
 - Cyberbullying should be taken seriously



Tips to help stop cyberbullying

If you are dealing with cyberbullying, try a few of these tips. Do not retaliate, tell the person to stop, and reach out for help. This could be a friend, relative, or a trusted adult. It is important that you act when cyberbullying happens so it can be reported and stopped. Also remember to think about the negative effects your words can have on others before writing a message.




Video Resources


<https://www.youtube.com/watch?v=azRl1dl-Cts>

<https://www.youtube.com/watch?v=YNnHdR9DQDA>

“Be careful with your words. Once they are said, they can only be forgiven, not forgotten.” – Carl Sandburg

 Website: tcoe.org/CHOICESNewsletter

 Contact: 559-651-0155

 Email: tupe@tcoe.org



Tulare County
Office of Education
Tim A. Hire, County Superintendent of Schools