

Ever since the pandemic of Covid 19, most of our worlds have taken a turn towards technology and online platforms. Almost every student has a social media account or some other form of social presence in an online platform. Thus every student is at the risk of being a perpetrator of cyberbullying or falling victim to it. Here's how to implement behavioral policies in your school or educational institution to prevent bullying.

- Encourage students to use reporting tools available on social platforms:

Almost all social media platforms provide their users with the options to report, unfriend or block the perpetrator.

Encourage your students to use them to submit reports against the perpetrator and block them if necessary.

- Encourage students to avoid retaliation:

Teach your students to not reply to the intimidating, threatening or harassing texts they may receive from a bully. Teach them about the consequences of retaliation, how it does more harm than good.

- Teach your students to collect proofs and document their experiences:

Encourage your students to collect proofs and keep evidence of their experience and provide them with the necessary guidelines on how to collect said proofs by keeping screen captures and records along with the date and time of the text messages.

- Communicate with empathy and support:

Oftentimes the students may feel emotionally vulnerable due to the cyber bullying incidents happening to them. So it is

important that you communicate with them with your utmost support and empathy.

- Determine the gravity of the situation and contact the student's guardians with their consent:

If the student shows signs of a very vulnerable mental state, concerning levels of anxiety or signs of PTSD, take your student's consent and contact his or her guardian and/or recommend them for psychological evaluation and therapy sessions.

- Educate your students about the prevailing laws against cyber crimes in the country:

Help your students realize that they can seek help from the law from their bullies by teaching them about the prevailing laws of cyber security of the country.

- Awareness against bullying:

Teach your students that bullying is an act to be condemned and that a bully has to face consequences for their actions and discourage bullying of all kinds.

The aforementioned steps should go a long way to minimize cyberbullying among students and equip them with the necessary information that they need to take steps against a bully.