



# UNIVERSITY OF ST. THOMAS POLICE DEPARTMENT

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## BULLYING

Suicide is the third leading cause of death among young people, resulting in about 4,400 deaths per year, according to the Center for Disease Control.

### Statistics:

- The National Center for Education Statistics states that 24.7% of African-American students, 17.2% of Hispanic students, and 9% of Asian students report being bullied at school.
- Also, 74.1% of LGBT students were verbally bullied (e.g., called names, threatened) in the past year because of their sexual orientation and 55.2% because of their gender expression.
- Bullying has been found to occur for college undergraduates with 18.5% reporting having been bullied once or twice and 22% reporting being a victim of cyberbullying.
- 38% of students knew someone who had been cyberbullied, while almost 9% admitted to bullying someone else on the internet.
- 38% of students believe their school, college, or university does not take bullying seriously.
- Females are twice as likely as males to be victims or perpetrators of cyberbullying.

### Types of Cyberbullying:

- **Flaming**- Most of the time happens on message boards or other public online spaces. This entails one or more people attacking a particular person for their views or comments. The attacks can include harsh images, cruel language or even threats.
- **Exclusion**- This is a singling out of the person who is being targeted. They are left out from chats or ignored on message boards, but to add insult to injury; those who are ignoring that person will often make nasty comments about them, or otherwise harass them.
- **Harassment**- This happens when a bully or bullies attack one particular person over and over. The harassment might be done in one online space, such as a message board, or it might spill over to other areas, such as text messaging and various social media.
- **Cyberstalking**- This is a type of harassment that involves one or more bullies going to great lengths to gather information about a particular person, continually threatening them, following them around social media and other sites, and potentially crossing the line into physical stalking.
- **Outing**- This is the malicious release of a person and private information about a person, usually with the intent to embarrass or humiliate. The outing might take the form of pictures, videos or screenshots, or it could be malicious rumors about someone's personal life, sexuality or other very private information.
- **Masquerading**- This happens when a bully creates a fake identity in order to harass someone anonymously, or impersonates someone else, such as pretending to be a significant other. The bully might also sign up on various social media sites and masquerade as the victim themselves, creating a negative online reputation for the victim.

### How to Help:

- Promote an accepted and inclusive campus climate. People who feel connected within the campus have been found to be more willing to report threats and bullying behaviors on campus.
- Talk about bullying/cyberbullying and how to report it.
- Use technology safely and effectively, such as changing passwords frequently, printing out evidence of cyberbullying as it happens, and reporting instances of bullying to the proper authorities.
- People should talk to someone they trust if they or someone they know is being bullied.
- Model respectful, empathetic behavior to all people in all settings.

### What to do if you're being bullied:

1. **Keep the Evidence-** When bullying starts, compile evidence. This can include text messages, emails, screenshots, instant message conversations, IP addresses, and anything else that you can gather.
2. **Talk It Out-** Talking about it with someone you trust can help you find the courage to make it stop.
3. **Block them-** Block them immediately when the bullying starts. If they create new accounts, block those too.
4. **Don't Retaliate-** Though it might be tempting to give them a taste of their own medicine, this only opens you up to more problems.
5. **Report Their Actions-** Many sites will not tolerate bullying; report the bullies to the site administrators, along with the evidence you compiled.
6. **Contact the School-** USTPD along with Dean of Student Lyndsey McPherson need to know about bullying. Give us as much information as you can, even if the bullies are anonymous. Do not hesitate to file a formal report with USTPD.

### Remember:

**USTPD working with the UST community to make a safer campus.**



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