Ten ways kids can help educate their community about cyber bullying

You can be the solution to cyber bullying. Here are a few ideas to get you started.

1 Research the problem
Do some research so you have a really good understanding of what cyber bullying is. Make notes on what you learn and think about other related aspects, such as its causes and results. Email or call experts to learn even more about what you can do.

2 Write a letter to the editor of your local newspaper
Let them know your concerns about cyber bullying and how it is affecting people you know, and encourage adults to take it seriously. You have a voice!

3 Teach younger friends and relatives how to be safe online
Spend some time with friends and family showing them how to responsibly use technology. Take a look at their social media profiles and see if they have any information posted that could be used to cyber bully them. Tell them what they should do if they are cyber bullied.

4 Develop a website, blog, or facebook group
Create an online resource for your friends and others in the community by providing links to and information on cyber bullying. Don't forget to give credit for content you use from somewhere else.

5 Mentor younger students
Ask your teachers or principals from school if you can talk to their students about cyber bullying. Share your experiences and ideas on how to keep safe online, and tell them what to do if they run into trouble. They value your opinion more than you might think!

6 Start a club
Bring like-minded students together and brainstorm ideas to increase peer respect, shut-down hate and cruelty, and make kindness go viral – all in a very cool, relevant, and powerful way. Work out what might and what won't work, and get to it!

7 Create a public service announcement
All you need is a creative mind and your phone or a digital camera and some editing software! Get some friends together and make a short video to educate others. Post it on YouTube, Facebook and Instagram and share it with everyone you know!

8 Build an awareness or pledge campaign
Produce t-shirts, badges, pins, key chains, magnets or stickers to raise awareness and you can raise funds by getting sponsorship from local businesses. Come up with a great design and a hard-hitting message and spread the word!

9 Read your school's policy on bullying and cyber bullying
Ask your teacher for a copy of the policy and examine it carefully. Does it seem good enough to you? Does it cover the types of behaviours you hear about or see at your school (or other schools)? What suggestions might you have to improve it?

10 Create informative posters
Use eye-catching colours and catchy slogans to create attention to cyber bullying and how to deal with it – display them throughout the school to keep the conversation going.