



Los Angeles County
Sheriff's Department

INDUSTRY STATION

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www.lasd.org

News Release

Leroy D. Baca, Sheriff

Classification : Community Awareness

Incident Date : October 2013

It's National Bullying Prevention Month:

Bullying and Cyberbullying are widespread problems. Learn more so you can help prevent it, or stop what has started.

It takes many forms, from verbal name-calling and teasing and spreading rumors to physical intimidation and assault and cyberbullying.

Bullies pick on victims because of their race, ethnicity, religion, actual or perceived sexual orientation, gender expression, appearance, size, disability, or just because a kid is different or vulnerable and an easy target. LGBT youth are at particular risk; 85% of them experience verbal harassment at school and 40% have been physically harassed.

Bullying is not a harmless phase some kids go through or a normal part of growing up. It has serious, harmful consequences — for victims, for bullies and for school communities. Bullying negatively affects a school's atmosphere and disrupts the learning environment; it depresses academic outcomes and harms morale for students, teachers and other staff alike.

Kids who are bullied miss more school days, have lower grades and higher drop-out rates and suffer higher rates of physical and mental health problems. Kids who bully have higher drop-out rates, are more prone to substance abuse problems and are more likely to end up with criminal convictions.

For lots of resources on ways you can learn for and to help, click on the links below:

United Federation of Teachers "Be Brave (Against Bullying)":

<http://www.uft.org/our-rights/brave>

(they have printable flyers available in both English and Spanish)

National Education Association "Bully Free: It Starts With Me":

<http://www.nea.org/home/neabullyfree.html>

Cyberbullying Research Center Resources Link:

<http://cyberbullying.us/resources/reference-materials/>

National Crime Prevention Council:

Bullying- <http://www.ncpc.org/topics/bullying>

Cyberbullying- <http://www.ncpc.org/topics/cyberbullying>

Non-Profits

Gay, Lesbian & Straight Education Network "ThinkB4YouSpeak.com":

<http://www.thinkb4youspeak.com/>

Public Justice "Anti-Bullying Campaign":

<http://publicjustice.net/what-we-do/anti-bullying-campaign>

Mother Awareness on School-age Kids "Cyber-Bullying":

<http://www.maskmatters.org/educate/high-school/cyber-bullying?gclid=CMLcu5XP9rkCFTFo7AodtmQArg>

Dosomething.org "The Bully Text"

<http://www.dosomething.org/bullytext>

Cyberbullying

If you're like most teenagers, you spend a lot of time on a cell phone or instant messenger chatting with friends and uploading photos, videos, and music to websites.

You may have online friends whom you've never met in person, with whom you play games and exchange messages. Teens' lives exist in a variety of places such as school hallways, part-time jobs, and friends' houses. Now many teens also have lives on the Internet. And bullying has followed teens online.

Online bullying, called cyberbullying, happens when teens use the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person.

Cyberbullying is a problem that affects almost half of all American teens.

Whether you've been a victim of cyberbullying, know someone who has been cyberbullied, or have even cyberbullied yourself, there are steps you and your friends can take to stop cyberbullying and stay cyber-safe.

* How Are Teens Cyberbullied?

- * How Do Victims React?
- * How Can I Prevent Cyberbullying?
- * What Else Can I Do To Stay Cyber-safe?

<http://www.ncpc.org/cyberbullying/>

National Crime Prevention Council (NCPC) - A public advertising campaign aimed at preventing cyberbullying:

<http://www.ncpc.org/cyberbullying/>

National Criminal Justice Reference Service - Internet Safety - Cyberbullying and Cyberstalking

<https://www.ncjrs.gov/internetsafety/cyber.html>

<http://www.ncpc.org> provides information about stopping cyberbullying before it starts.

Stop Cyberbullying Before It Starts (PDF) provides useful information for parents:

<http://www.ncpc.org/resources/files/pdf/bullying/cyberbullying.pdf>

<http://www.cyberbullying.us/> provides cyberbullying research, stories, cases, downloads, fact sheets, tips and strategies, news headlines, a blog, and a number of other helpful resources on their comprehensive public service website.

<http://www.stopcyberbullying.org> has a fun quiz to rate your online behavior, information about why some people cyberbully, and how to stop yourself from cyberbullying.

<http://www.wiredsafety.com> provides information about what to do if you are cyberbullied.

<http://www.stopbullyingnow.com> has information about what you can do to stop bullying.

For more information, contact your local sheriff's station of the Los Angeles County Sheriff's Department or your local police.

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Pinterest LASD Photos : <http://pinterest.com/lacountysheriff/>

YouTube LASD Videos: <http://www.youtube.com/user/LACountySheriff/videos?view=0>

Alert LA County: Telephone emergency mass notification system

<http://www.lacounty.gov/wps/portal/alertla>

SNAP LA County: Specific Needs Disaster Voluntary Registry <http://snap.lacounty.gov/>

Text & Email, Register for LASD Nixle messages: To receive more detailed, up-to-date information via E-MAIL and/or TEXT directly from the Los Angeles County Sheriff's Department (LASD), sign up for "Nixle" alerts at <http://www.Nixle.com> and register for "LASD – Headquarters Newsroom (SHB), Los Angeles County Sheriff" AND your local LASD station area. Or, to receive URGENT TEXT ALERTS ONLY, text your zip code to 888777. Standard text messaging rates may apply depending on your calling plan.

LA Crime Stoppers: Partner to prevent or report crime by contacting your local Sheriff's station. Or if you wish to remain Anonymous, call "LA Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the website

<http://lacrimestoppers.org>

Leroy D. Baca, Sheriff

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For Additional Information Contact:

Name	Phone	Email
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