

# Let's Change The Culture and Stop Cyberbullying

## #ChangeTheCulture

### What is Cyberbullying?

Cyberbullying takes place electronically. Electronic technology includes devices and equipment such as cell phones, computers and tablets as well as communication tools including social media, text messages, chat and websites.

### How Can I #ChangeTheCulture?

As a student there are many things you can do to take a stand against cyberbullying. Whether its standing up for someone, or even realizing you may be contributing. Please join us in the [4C Café](#) on *Thursday October 12th @ 10am* for more information.



### Calling All Parents!

**PARENTS:** It can be hard to keep track of all the latest apps and how social media is evolving. Please join us for Parent Night on *Thursday, October 12th @ 7pm*. We will address Cyberbullying and how you can help as a parent. [Click Here](#) to join.

If you cannot attend [Click Here](#) for helpful tips!

### Check this out!

Click on the video below to learn more about bullying and hear from actual kids who have been bullied.

[Click Here.](#)

### What's Happening?



#### October 2nd:

**Blue Shirt Day**-join us in solidarity to stop bullying and cyberbullying. Take a picture wearing your blue shirt and tweet us [@gcacounseling](#). [Click Here](#) to order your shirt!

#### October 9th:

**4C Guidance/Parent Night!** Join us in the 4C Café for a special Cyberbullying Guidance, *October 12th @ 10am* and Parent Night *October 12th @ 7pm*.

#### October 16th :

**Virtual Poster Contest:** Use whatever program you would like publisher, illustrator, powerpoint to illustrate ways to be the change and eliminate cyberbullying. All posters must be submitted to [anesbit@gacyber.org](mailto:anesbit@gacyber.org) by *October 27th*. Winner will be featured on GCA's counseling newsletter and website!

#### October 23rd:

**Pledge:** Sign the pledge and take a stand against cyberbullying. #ChangeTheCulture

[Click Here](#)