

# Spread the Word

- **Bring in a speaker.** Reach out to local or statewide organizations to find an expert who is willing to come and speak to your class or school about cyberbullying.
- **Create informative posters.** Create posters that include valid information on cyberbullying and display them throughout your classroom, school or community. To take it a step further, get others involved too and hold a poster contest at your school.
- **Review your school's policy on bullying and cyberbullying.** Ask your teacher or principal for a copy of the policy and review it carefully. Do you have suggestions on how to improve it? Share your thoughts with teachers and administrators at school.
- **Create a public service announcement.** Get creative and create a public service announcement to educate others about cyberbullying. Share it through school announcements, your own social media or perhaps the school's social media.
- **Start a kindness campaign.** Promote being kind to others in person and online. The sky is the limit with all the creative things you could do throughout the year!
- **Write or call local news stations.** Reach out and express your concerns about cyberbullying. Share how it's affecting students you know and encourage adults to take it seriously.
- **Research the law.** Every state has different laws around cyberbullying. Research the laws in your state and share them with your class. Are they sufficient? Is there anything you would like to see changed?