

CYBER BULLYING

Recently, Cyber Bullying has become a serious problem in our schools and society. For instance in a survey conducted by i-Safe America (www.isafe.org) of 1500 students ranging from fourth to eighth grade across the country. The researchers found that 58% of kids admit someone has said mean or hurtful things to them online. Fifty-three per cent of the students admitted to having said something mean or hurtful things to another online. And 42% of the students have been bullied while online.

What is Cyber Bullying? Cyber Bullying is sending or posting harmful or cruel text or images using the Internet or other digital communication devices. Cyber Bullying is ongoing, 24/7.

What are some of the various ways to Cyber Bullying?

- Exclusion
- Impersonation
- Outing and Trickery
- Denigration
- Flaming
- Happyslapping
- Harassment
- Cyberstalking

What are some of the Electronic Tools for Bullying?

- Email
- Cell phone
- Chat Rooms
- Instant Messaging
- Blogs and Bloggings
- Gaming Sites
- Web Pages

What are some Signs a Child May Be Cyber Bullied?

- Noticeable stress when online
- Secrecy about online activity
- Often crying or sadness
- Nightmares
- Sudden drop in school grades

What can Parents and Educators do to prevent Cyber Bullying?

- Set age-appropriate guidelines
- Teach student how to deal with conflict
- Monitor student online use of the internet
- Watch for warning signs
- Don't blame the victim

- Conduct informal student discussion groups on cyber bullying
- Adopt comprehensive bullying prevention program
- Host a parent program at school on cyber bullying
- Send printed materials on cyber bullying home to parents
- Teach students and parents the importance of monitoring their online reputation
(CyberBullying: Bullying in the Digital Age; Kowalski, Limber, Agatston)

What Students can do to Prevent Cyber Bullying?

- Guard passwords!
- Don't post personal information online such as IM names, email address.
- IM programs set to only receive messages from "*buddy list*."
- Never post pictures online!
- Do not send a message when angry.
- If harassed, either send "No more messages" or do NOT reply. Log out. Immediately tell an adult.
- Save and print harassing messages and forward them to your Internet or cell phone service provider.
- Notify police.

Where can additional information about Cyber Bullying be located?

- isafe.org
- netsmartz.org
- INOBTR.org
- cyberbullyhelp.com
- cybertipline.com
- www.clemson.edu/Olweus
- StopBullyingNow.hrsa.org
- www.parentsguidetomyspace.com/
- NCMEC – National Center for Missing and Exploited Children
- www.stopcyberbullying.org