

BEWARE OF THE CYBER BULLY!



"The tradition of home as a refuge from bullies on the school playground is over. The Internet is the new playground, and there are no off hours. Kids are a target 24 hours a day, seven days a week."

Source: i-Safe www.isafe.org



Resources

Bully-Free Bucks Today
www.bullyfreebuckstoday.org

Center for Safe and Responsible Internet Use
www.cyberbully.org
www.csriu.org

Connect for Kids
www.connectforkids.org

Cyber Bullying
www.cyberbully.org

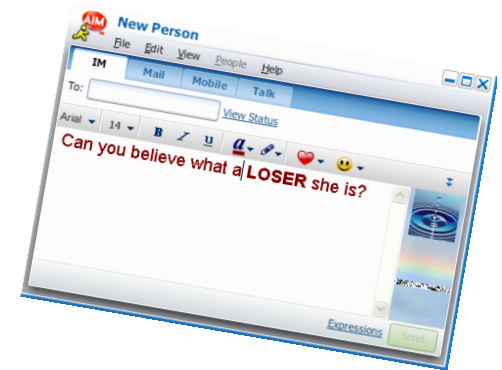
Halt Online Abuse
www.haltabuse.org/

i-Safe America
www.isafe.org

Wired Safety
wiredsafety.org

A PARENT'S GUIDE TO:

CYBER BULLYING



**NO MUSCLES
NEEDED!**

TITLE SOURCE:
CONNECT FOR KIDS WWW.CONNECTFORKIDS.ORG



Tredyffrin-Easttown School District
738 First Avenue
Berwyn, PA 19312
Phone: 610-240-1900
www.tesd.net

Tredyffrin/Easttown School District



WHAT IS CYBER BULLYING?

Cyber Bullying is repeatedly misusing the Internet or other digital communication devices to be cruel or to harass others by sending or posting hurtful material.

Cyber Bullying takes many forms:

- Threatening emails
- Nasty instant messaging sessions
- Repeated messages sent to cell phones
- Websites set up to mock or embarrass others
- Borrowing the victim's user name and posting false messages or pictures
- Forwarding private messages, pictures, or video for others to view



HOW TO PREVENT CYBER BULLYING

Do:

- ▶ Keep your computer in an open area in the house.
- ▶ Help your child develop self-confidence, self-respect, and resilience.

Teach your child:

- ▶ Private information such as a password, PIN number, name, address, phone number, school name, or family and friends' names must not be shared.
- ▶ Angry messages should not be sent to anyone.
- ▶ Online conversations are not private.
- ▶ Responding to abusive or mean messages or postings on the Internet is not appropriate.

Symptoms of Cyber Bullying:



- ✓ Unwilling to go to school,
- ✓ Feeling ill in the mornings,
- ✓ Doing poorly in school work,
- ✓ Suddenly disinterested in the computer,
- ✓ Becoming withdrawn, distressed, anxious, or lacking confidence,
- ✓ Coming home unusually hungry or not eating,
- ✓ Missing personal possessions,
- ✓ Begging you for a ride to school, or
- ✓ Becoming aggressive and beginning to bully other children or siblings.

Source: Bully-Free Bucks Today www.bullyfreebucks.com

WHAT IF MY CHILD IS A VICTIM?

Ask your child directly. Share your concern for your child's safety.

Listen and find out exactly what has been happening online.

Keep everything! Do not delete emails or chat logs. Save and print them.

Ignore or if you must reply, send a non-emotional, assertive message to the cyber bully.

File a complaint with the cyber bully's email Internet Service Provider, web site host, or cell phone company.

Seek support from your school counselor or anti-bullying agencies or groups.

WARNING SIGNS YOUR CHILD MIGHT BE A BULLY

- ☞ Refrains from sharing online activities with you
- ☞ Teases, threatens, or physically harms other children
- ☞ Is hot tempered, impulsive, and has a hard time following rules
- ☞ Shows aggressive behavior toward adults
- ☞ Shows no empathy towards children who are bullied
- ☞ Has been involved in antisocial activities such as stealing or vandalism

Source: Bully-Free Bucks Today www.bullyfreebucks.com

WHAT IF MY CHILD IS A BULLY?

- Ask exactly what your child has been doing online without becoming angry or defensive.
- Reassure your child that you still love him/her even though you don't agree with the behavior. Talk about the value of kindness and respect.
- Find out if there is something troubling your child and help to sort it out.
- Explore ways for your child to make amends for his/her bullying behavior.
- Inform your school counselor of your child's effort to change the behavior.