Cyberbullying

Simple Guidelines for Parents,
Teachers, and Students

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Cyber bullying is...

...online social aggression which may harass, threaten, intimidate or embarrass someone through emails, IM, chat rooms, or any other online environment.

Forms of Cyber bullying

- Flaming: Using angry language to provoke an online fight

- Outing: Sharing secrets

- Denigration: Online gossip that may damage a person's reputation

- Impersonation: Pretending to be someone else

- Harassment: Repeatedly sending unwanted emails or messages

- Trickery: Obtain a secret by tricking someone and then sharing it online

- Exclusion: Leaving someone out of a group

- Cyberstalking: Repeated online harassment

Signs to recognize...

If a child is the victim of cyber bullying, you may notice:

- S/he closes windows on the computer when people enter the room
- Changes in behavior
- S/he has trouble sleeping or has nightmares
- S/he avoids school
- S/he suddenly uses the computer less frequently
- S/he is performing less well in school

Guidelines for Parents

- Talk with your children and make sure they feel comfortable coming to you with their problems.

- Define acceptable online behavior and set consequences for misusing the Internet

- Find out and use safety controls offered through your internet service provider

- Ask your child to show you how to do a task online. You will learn how cyber savvy s/he is while boosting their self esteem.

- Work with your child's school.

Guidelines for Educators

- Work with Parents

- Provide tips to your students about 'How to be a good cybercitizen'

- Establish a relationship with your school and the local police department

- Encourage your school district to address cyber bullying issues in their Acceptable Use Plans (AUP)

- Assign educational and safe tasks to your students using the Internet.

Guidelines for Students

- **DON'T** respond, interact, or engage in communication with someone who is harassing you online.
- **SAVE** abusive emails
- **ASK** for help from your parents or a teacher to handle a bully
- **RECOGNIZE** when you hear a provoking comment
- **DECIDE** if action is necessary and remember not to deal with an abuser yourself.