

## Resources

### Kids Help Phone:

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

1-800-668-6868

### Stop A Bully:

<http://www.stopabully.ca/>

### Cyber Reporting:

[www.cybertip.ca](http://www.cybertip.ca)

1-866-658-9022

### Canadian Safe Schools:

<http://canadiansafeschools.com/resources/parents/>



For more information on crime prevention, scan the following bar code matrix on your smart phone or visit our website at: [www.torontopolice.on.ca/crimeprevention/](http://www.torontopolice.on.ca/crimeprevention/)



- ◆ In an emergency: **CALL 9-1-1**
- ◆ To report a crime to the Toronto Police that is not an emergency call: **(416) 808-2222**
- ◆ To report a crime anonymously, call Crime Stoppers at: **1-800-222-8477(TIPS)** or online at: [www.crimestoppers.com](http://www.crimestoppers.com)



For more information about social networking safety or other crime prevention topics, please contact the local Crime Prevention Officer at your local Police Division.



Stay connected to the Divisional Policing Support Unit by finding us on Facebook.



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## Social Networking Safety

Reduce the risk.  
Reduce the opportunity.



## Protect Your Children

- ◆ Communicate with your child and establish ground rules on the use of the Internet.
- ◆ Try to become more computer literate and Internet savvy yourself.
- ◆ Check out parental controls available on your online service.
- ◆ Keep the computer in a "public" area in your house.
- ◆ Monitor the amount of time your child spends on the Internet, and at what times of day.
- ◆ Tell your children to never agree to meet someone they've met online, or give out personal information that could identify them, including name, age, address, school they attend or teachers' names, and parents' names.
- ◆ Only allow your child to use a Web Cam, digital camera, or video camera with your very close supervision.
- ◆ Regularly search the Internet "history" on every computer with Internet access in your home, and consider speaking with the parents of other children your child may visit.
- ◆ If possible, monitor chat rooms your child may visit.
- ◆ Do not interact with people on the internet who are being weird, taking risks or acting inappropriately. Even if you think you can handle the situation and think you will not be harmed, it only encourages them and may endanger other young people.

## Social Networking Safety TIPS

- ◆ Some people will create fake profiles to lure potential victims!! People online may not be who they say they are .
- ◆ Whatever you post online stays online, and may be passed on.
- ◆ Do not share explicit images of yourself to anyone using any electronic technology (ie. texting, e-mails, posts, etc.). **You don't know where they will end up.**
- ◆ Use a screen name that does not say much about you, and do not make any sexual references in your name, as it may attract the kind of attention that you do not want.
- ◆ Talk to an adult you trust if you feel uncomfortable, upset or threatened about anything online - do not wait to tell.
- ◆ Periodically check your privacy setting on your social media accounts.



### KEEP A RECORD:

It's a good idea to keep a detailed record of cyberbullying incidents you have been a target of or you have witnessed. Even if you're not ready to tell anyone about the bullying yet, a documented record will help you report it once you feel ready.

## What is Cyberbullying?

- ◆ Cyberbullying takes on various forms, including using emails, instant messaging, and text messages to send harassing and threatening messages or posting such messages in chat rooms, on "bash boards" and on other social networking websites.
- ◆ Cyberbullying is a form of bullying that includes acts intended to intimidate, embarrass, threaten or harass the targeted victims.
- ◆ Cyberbullying can be particularly destructive because it can spread to so many people worldwide, instantaneously anonymously or through impersonation.
- ◆ Cyberbullying may cause victims to feel helpless, which in turn can lead to emotional problems, violence, and/or thoughts of hurting themselves.

