FAMILY TIP SLIPS

Cyber Bullying

What is Cyber Bullying?

Using electronic means to intimidate, harm, exclude or ruin a reputation – includes the use of emails and instant messaging, text or digital imaging sent on cell phones, web pages and web logs (blogs), chat rooms and discussion groups.

Here are a few examples of Cyber Bullying:

- **Flaming** – Using all upper case letters to signify anger or hatred when sending mean or vulgar messages in electronic communications.

- **Exclusion** – Excluding someone from an online group, like blocking them from a chat group. Students also use gaming sites to exclude or attack other's characters.

- **Impersonation** – Breaking into someone's email account, posing as that person and sending damaging messages about a person.

- **Denigration** – Sending or posting cruel gossip or rumours about a person to damage their reputation.

- **Misusing** – Using a cell phone to take embarrassing photos and emailing to others.

- **Outing or Trickery** – Revealing someone's secrets or embarrassing information online or tricking someone into revealing secrets while online.

- **Polling sites** – Setting up web-pages so that peers can vote on who is the "dumbest" or "ugliest" student in the school

- **Hate sites** – Individuals create web-pages designed to insult others. Students commonly use Facebook.com to create pages to defame.

**GUIDANCE PROGRAM
& SERVICES DEPARTMENT**
Success for all Learners

Helping Keep Your Child Safe:

▪ Keep your home computer in an easily viewable place so that you can learn what your children are doing on-line.

▪ Encourage your children to come to you if they feel uncomfortable or threatened when on-line.

▪ Talk to your children about responsible Internet use. Emphasize that they are not to give out personal information such as their phone number, on-line name, or email address.

▪ Explain that cyber bullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior. Consider creating, with your children's input, an on-line agreement or contract for computer use.

▪ Make sure that you know each of your child's contacts.

▪ Google your child's name on a monthly basis. If a site has been set up about them, you may find the link through Google.

▪ Learn computer "chat" language – www.netlingo.com

Warning Signs of Cyber Bullying:

▪ Your child is not willing to talk about his or her online activities.

▪ Your child is often using their computer late at night.

▪ Your child's grades are declining.

▪ Your child appears upset after Internet/computer use.

▪ There is evidence that your child is covering their online tracks. (ex. uses clear History)

If your child is being cyber bullied:

▪ Save any harassing messages or photos so they can be forwarded to police and/or your Internet Service Provider.

▪ Contact your child's school if the cyber bullying is occurring with another student or through a school website or email.

▪ Report the incident to police and your Internet Service Provider.

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