



CYBERBULLYING

FACT SHEET

What is Cyberbullying?

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, blogs, chat rooms, discussion groups, Facebook, and Tweeter.

Here are a few examples of Cyberbullying:

- **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.





CYBERBULLYING – cont'd

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 cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible on-line 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 Cyberbullying:

- Your child is not willing to talk about his or her on-line 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 on-line tracks. (ex. uses clear History)

If your child is being cyberbullied:

- 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 cyberbullying is occurring with another student or through a school website or email.
- Report the incident to police and your Internet Service Provider.

