



**DID YOU KNOW?**

- ❖ 90% of middle school students have had their feelings hurt on-line
- ❖ 75% report being involved directly or indirectly in Cyber Bullying
- ❖ 60% have seen a websight bashing a school mate
- ❖ 45% have visited a bashing websight



*Cyber Bullying is One  
of the Biggest Stressors  
Your Child Will Face in  
Middle School!*



*Parent Intervention  
Is Crucial!*



**JOHN BARAKOS Jr., MFT**  
*LICENSED MARRIAGE &  
FAMILY THERAPIST*

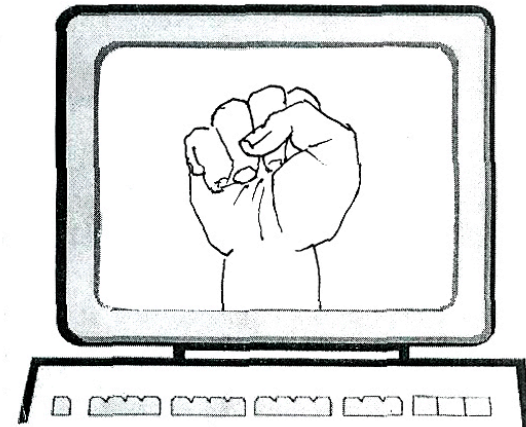
- Lafayette: **925 451-5280**
- ❖ 13 years as a Mental Health Specialist working with hospitalized youth
  - ❖ 5 years as a Middle School and Elementary School Counselor in Lafayette
  - ❖ 3 years in private practice working with families, teens and children
  - ❖ Specializing in working with disenfranchised youth, post trauma recovery and school related issues

**SANDRA LESSENDEN,  
M.S., MFT**  
*LICENSED MARRIAGE &  
FAMILY THERAPIST*

- Walnut Creek: **925 933-3338**
- ❖ 20 years as a psychotherapist working with families, teens, and children
  - ❖ 10 years as Crisis Counselor at Walnut Creek Intermediate School
  - ❖ 5 years directing school counseling program for at-risk teens in 8 San Ramon Valley public schools
  - ❖ 7 years as family therapist at Discovery Center in Danville

**TIPS FOR  
PARENTS**

**CYBER  
BULLYING**



A PUBLIC INTEREST BROCHURE  
BY  
**SANDRA LESSENDEN,  
M.S., MFT**  
&  
**JOHN BARAKOS Jr., MFT**

### **Community Support.....**

- ❖ **Crisis Counselors in the Schools:** The high schools and middle schools of Walnut Creek, Lamorinda, San Ramon, Alamo and Danville all have Crisis Counselors in who provide intervention and short term counseling for students. Call you local school.
- ❖ **Local Mental Health Professional:** Call a local MFT or social worker. We are trained to work with teens and school issues.
- ❖ **School Violence Tip Line:** Call 1 800 863-7600

### **On-Line Support for Cyber Problems.....**

- ❖ [www.cyberbullying.ca](http://www.cyberbullying.ca)
- ❖ [www.InternetChildSafety.net](http://www.InternetChildSafety.net)
- ❖ [www.stopcyberbullying.org](http://www.stopcyberbullying.org)
- ❖ [www.wiredsafety.org](http://www.wiredsafety.org)

### **What Parents Can Do..... Cyber Safety Rules**

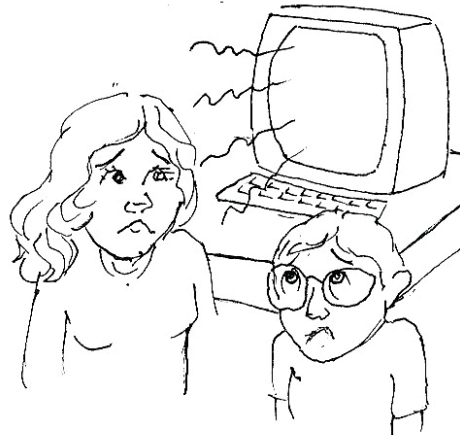
- ❖ Stress to your child or teen that ethics still matter even

when they are on-line and anonymous.

- ❖ Make a Computer Contract with your child, outlining what you will and won't allow.
- ❖ Train kids to never give out personal information on-line, including screen name, cell phone number, where they go to school or passwords.

### **What Parents Can Do.... Educate Yourself**

- ❖ Log on to a chatroom like [www.MySpace.com](http://www.MySpace.com) and look to see what our kids are being exposed to.



### **What Parents Can Do..... Watch For Signs of Being Bullied**

- ❖ Watch your child or teen for sudden mood changes immediately after being on-line.
- ❖ Does your preteen seem unusually upset or socially insecure?
- ❖ Is your preteen very worried about what certain friends are "saying?"
- ❖ Has your teen developed an obsession with being on-line?

### **What Parents Can Do.... If Your Child Is Being Bullied**

- ❖ Report harassment to your Internet Provider Service.
- ❖ If it's threatening in nature, contact the police.
- ❖ Block the number or screen name and never respond to unwanted or provocative messages.
- ❖ Save messages to forward to authorities.
- ❖ Contact your child's school and notify them, especially if the bully is a student.