

## **PARENT EDUCATION CYBER BULLYING**

*Internet Safety is one of the Most Challenging Issues Facing Educators and Parents Today. Did You Know....*

- ❖ 90% of middle school students have had their feelings hurt online.
- ❖ 75% report being involved directly or indirectly in Cyber Bullying
- ❖ 45% have visited a website "bashing" a schoolmate
- ❖ 1 in 5 teens have received a sexual offer online

*Cyber Bullying is one of the biggest stressors your child will face in Middle School.*

### **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?
- ❖ Is your child receiving unexpected or strange things in the mail?

### **WHAT PARENTS CAN DO....**

#### ***Educate Yourself***

- ❖ Go on-line and get to know the services and websites your child uses.
- ❖ Do not allow your child to delete history of websites visited on your computer.

#### ***Set Up 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.....**

#### ***If Your Child is Being Bullied***

- ❖ Report harassment to your Internet Provider Service
- ❖ If it's threatening in nature, contact 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.

**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)

**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 who provide intervention and short term counseling for students. Call your 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: 1 800 863-7600

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## **PARENT EDUCATION**

### **INTERNET SAFETY TIPS**

#### *What to Teach Your Pre-teen or Teen*

- ❖ Never post personal information on the internet; name, address, age or school name.
- ❖ Do not go to chat rooms.
- ❖ Always use a screen name different than your own name. Do not use any part of your real name or school name in your screen name.
- ❖ Tell your parents, or another adult, about anything said to you online that makes you feel uncomfortable or confused.
- ❖ Never meet anyone face-to-face that you have met through the internet.
- ❖ Do not accept any unwanted E Mail or IM messages, or any messages from strangers. Block them.

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

- ❖ [ikeepSAFE.org](http://ikeepSAFE.org); Presents educational activities for younger children on issues of internet safety. Interactive and fun. This site also has a free parent tech tutorial.
- ❖ [Safeteens.com](http://Safeteens.com); Guidelines for parents and teens on internet safety.
- ❖ [InternetChildSafety.net](http://InternetChildSafety.net); This site is an excellent overview of internet safety issues. It was created by Officer Steve DeWarns, police officer in the city of Piedmont, an expert in internet crime.
- ❖ [StopCyberBullying.org](http://StopCyberBullying.org); This website defines cyber bullying, explains how it works, tells what parents can do to protect, and has a section for kids.
- ❖ [WiredSafety.org](http://WiredSafety.org); A non-profit organization, will help you with the tech aspects if your child is having issues with cyberbullying or on-line harassment.
- ❖ [WiredKids.org](http://WiredKids.org); A very effective, interactive quiz to help kids decide if they are being cyber bullied.
- ❖ [Bully.co.uk](http://Bully.co.uk); A site about bullying out of England. Very effective.
- ❖ [BullyingOnline.org](http://BullyingOnline.org)

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