Preventing Cyberbullying

Bullying is not new but thanks to the Internet teens are now being bullied at home. Online harassment, more often called cyberbullying, is a serious problem. When bullying comes home via the Internet it can leave victims feeling helpless and overwhelmed.

Young people are using the Internet more than ever and most have Internet access from home. For many children, the Internet isn't simply a convenient way to research or a fun afterschool activity - it's a big part of their social life. Emailing and chatting with friends are children's most common online activities, after studying and playing games. But like many other social situations, some kids bully other kids online.

Don't Be A Victim or A Cyberbully

Stop, block and tell - don't respond to any cyberbullying message, block the person sending it to you and tell a trusted adult

Think B4UClick - check what you are sending before you send it... think about it from the recipient's point of view

R-E-S-P-E-C-T -use good netiquette and respect the feelings of others

Keep personal information private - the more information someone has about you, the more easily they can bully you

Google yourself - conduct frequent searches for your own personal information online and set alerts to spot cyberbullying early

Take 5! - walk away from the computer for 5 minutes when something upsets you so you don't do something you will regret later

Salem Police Department

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Preventing Cyberbullying

What you need to know.

Salem Police Department

978-744-0171

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There are a lot of signs that may indicate your child is experiencing cyberbullying. It is important for you to closely monitor their use of technology (computers and cell phones) and note any behavior that seems out of the ordinary.

For example, if your child typically enjoys using the computer but suddenly no longer wishes to do so, there may be a problem.

Similarly, if your child seems completely consumed with interacting over the Internet all hours of the day and night, you may need to investigate.

Use common sense and age-appropriate consequences when you discover your child engaging in improper behaviors.

A CHILD MAY BE A VICTIM OF CYBERBULLYING IF HE OR SHE…

- Unexpectedly stops using the computer
- Appears nervous or jumpy when an Instant Message, text message or E-mail appears
- Appears uneasy about going to school or outside in general
- Appears to be angry, depressed, or frustrated after using the computer
- Avoids discussions about what they are doing on the computer
- Becomes abnormally withdrawn from usual friends and family members

CYBERBULLYING IS….

Flaming (on line fights) – **Harassment** (repeated sending of nasty messages) - **Denigration** (disrespecting someone) - **Impersonation** (pretending to be someone else) – **Outing** (sharing someone's secrets) – **Trickery** (talking someone into revealing secrets) – **Exclusion** (intentionally excluding someone from an online group) – **Cyber stalking** (putting someone in fear)

A CHILD MAY BE CYBERBULLYING OTHERS IF HE OR SHE…

- Quickly switches screens or closes programs when you walk by
- Uses the computer at all hours of the night
- Gets unusually upset if they cannot use the computer
- Laughs excessively while using the computer
- Avoids discussions about what they are doing on the computer
- Uses multiple online accounts or is using an account that is not their own.

A CHILD MIGHT BE RELUCTANT TO COME FORWARD BECAUSE,,,

- They are emotionally traumatized
- Think it's their fault
- Fear greater retribution
- Fear online activities or cell phone use will be restricted

For More Information Visit

www.salempd.net/cyberbullying