

Cyber Bullying



Cyber bullying is using technology to threaten, insult, or harass. Bullies can quickly and aggressively spread rumors, threats, hate mail, or embarrassing photos through the Internet, e-mails, or instant messages. Bullying is illegal and should always be reported to an adult. Remember that anything posted online and through text messaging is printable evidence!

Important strategies for dealing with online bullying:

- Practice appropriate online communication behavior. Treat people online the same way you would in person — if it's not okay to say something in person or on the phone, it's not okay to say it online.
- Turn off the computer or cell phone immediately if you are being bullied.
- Tell an adult you trust about the cyber bullying incident.

Resources for More Information

If you would like more information on tips for staying safe online, you can visit the following websites:

www.childsafety.co.nz

Information on preventing accidents and minimizing danger for children at home, online, and out and about

www.cybertipline.com

National Center For Missing & Exploited Children

www.theinternetandyourchild.org

The Internet and Your Child

A Parent's Internet Education & Safety Course IYC offers free, intensive 7-hour classes designed to teach parents all aspects of computer use, ethics, and crime

www.safeonline.com

Educates about exploitation on the internet by doing research, creating materials and delivering presentations in Western Canada



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Internet Safety for Kids!



Kid Talk: Online Safety



Internet Safety Tips

- Do not give out personal information such as your address, telephone number, parent's work address/telephone number, or the name and location of your school.
- Tell your parents right away if you come across any information that makes you feel uncomfortable.
- Never send a person your picture or anything else.
- Just as you stay away from strangers on the street, be careful about strangers on the Internet.



Internet Do's and Don'ts

- **DO** use the Internet to help with schoolwork. The Internet is a source of great volumes of information. It's like having the world's largest library at your fingertips.
- **DON'T** give your password to anyone. Passwords are intended to protect your computer and your files. It's like giving the key to your house away!
- **DO** be careful about talking to "strangers" on a computer network. Who are these people anyway? Some people say and do things that are **NOT NICE**.
- **DON'T** try to break into computers. It's not a game. It's a crime and it's an invasion of privacy.

Sometimes, when you are on the Internet, you may accidentally meet bad people or see things that are bad, but it's **NOT YOUR FAULT!!!**

If something you read or look at is upsetting, just stop looking at it, and tell your parents or teachers right away.



BEWARE of Online Content

- Only visit websites that have been approved by your parents.
- Be cautious about using social networking sites such as **MySpace**, **Bebo**, **Facebook**, etc. — be careful about what you post — family, friends, colleges, teachers, and employers can often obtain information from these sites.
- Be aware of the various content that might be associated with gaming sites — there is often inappropriate and violent content that will appear in the game or in pop-ups.
- Talk to your parents about using the internet and how to establish online safety rules.