

Cyber Bullying

How to prevent your child from cyber bullying

What is Cyber bullying?

- Cyber bullying is bullying that takes place using electronic technology.
- Cyber bullying can happen 24 hours a day, 7 days a week anytime day or night.
- Cyber bullying messages or photos can be posted anonymously and distributed quickly to a large audience. It can be difficult to trace the source.

Warning signs that your child may be a victim of cyber bullying:

- He/she becomes withdrawn or shy
- Shows signs of depression
- Extremely moody
- Is anxious or overly stressed
- Shows signs of aggressive behavior
- Suddenly stops using computer
- Suddenly changes friends
- No longer wants to participate in activities they enjoyed
- Changes in eating or sleeping patterns
- Doesn't want to go to school
- Skips school
- Decline in grades
- Hurts self, attempts of threatens suicide



What parents can do if they suspect their child is a victim:

- Discourage your child from responding
- Preserve evidence of the cyber bullying
- Try to identify the cyber bully, if the cyber bully is involved in criminal activity, contact local law enforcement to investigate
- Sending inappropriate language may violate the terms and conditions of the email provider. Consider contacting providers and filing a complaint
- If the cyber bully is coming through the cell phone or internet, it may be possible to block future contact with these devices
- Contact the school if emails are coming from a school email account
- Consider contacting an attorney if the cyber bullying is serious. Civil law may provide for remedies concerning cyber bullying

For more information on cyber bullying:

http://www.criminaljustice.ny.gov/missing/i_safety/cyberbullying.htm

<http://www.stopbullying.gov/cyberbullying/what-is-it/index.html>

<http://www.ncpc.org/topics/cyberbullying/stop-cyberbullying>

<http://www.ncpc.org/topics/cyberbullying/cyberbullying-tip-sheets/NCPC%20Tip%20Sheet%20-%20Spotting%20The%20Signs.pdf>

<http://www.ncpc.org/topics/cyberbullying/cyberbullying-tip-sheets/NCPC%20Tip%20Sheet%20-%20Staying%20Informed.pdf>

