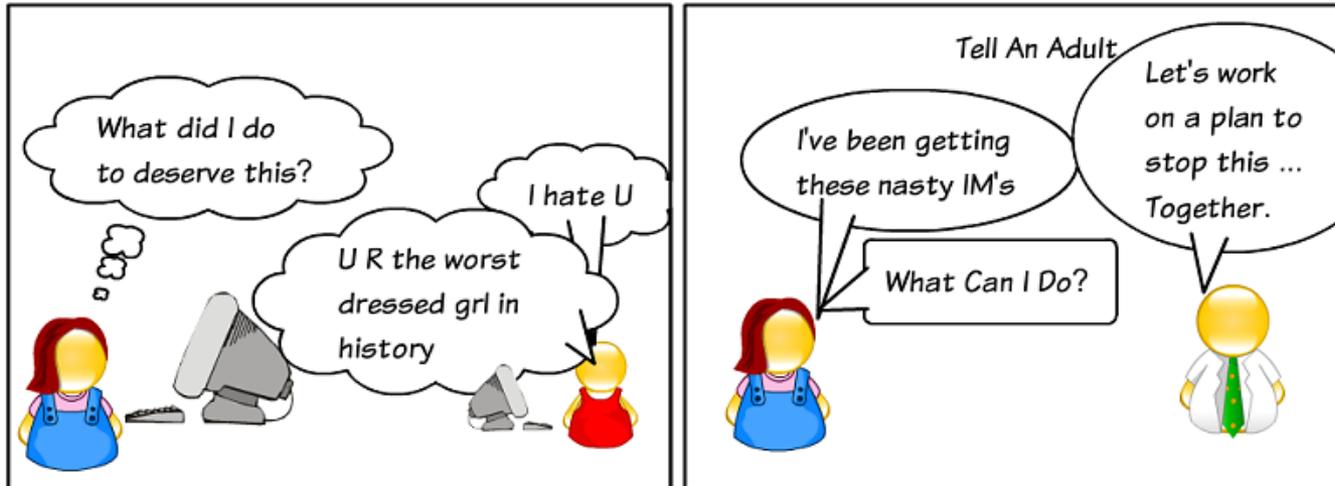


# CYBERBULLYING

## Hopkins School Guidance Program

**CYBERBULLYING - BY QDSOUZA**

[www.toondoo.com](http://www.toondoo.com)



# WHAT IS CYBERBULLYING?



Modern day bullying that takes place on the computer, cell phone, and pager text messages.

# WHY DO KIDS CYBERBULLY?



- \* Some kids might think they are having fun and not even realize they are bullying.
- \* Some kids think it feels as though they are invisible and no one will know they are doing it.
- \* Some kids want to get revenge for something a kid did to them at school that day.
- \* Can you think of any other reasons?

# WHAT ARE THE DIFFERENT TYPES OF CYBERBULLYING?



- \* Instant Messaging, Text Messaging
- \* You've Got Mail
- \* When kids send **hateful or threatening** messages to other kids. They might spread a rumor this way.

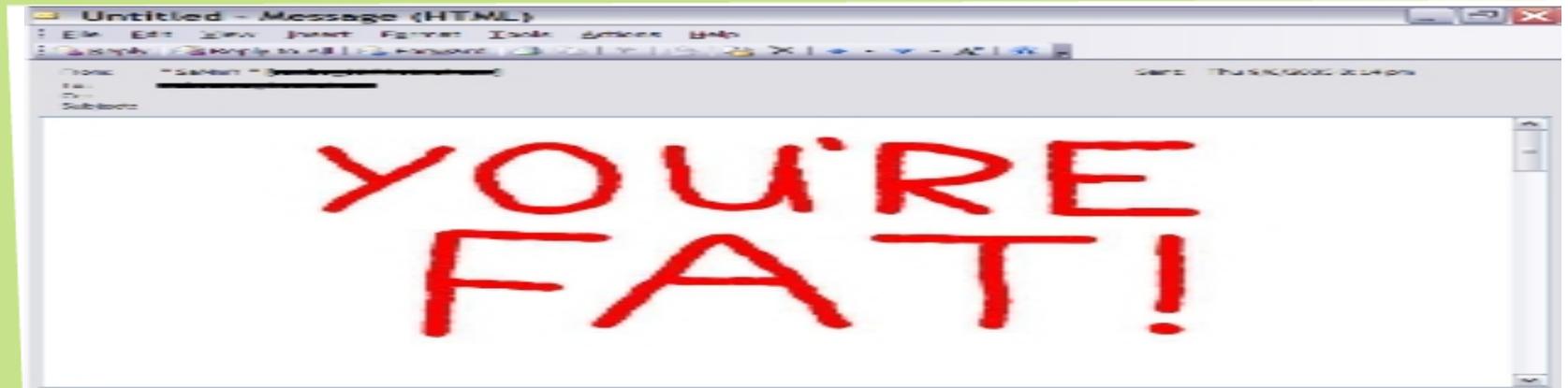
# Stealing Passwords and Impersonation

A kid may steal another kid's password and begin to chat with other people, pretending to be the other kid. He/she may say mean things that offend and anger this person's friends or even strangers. Meanwhile, no one knows it is not the real kid.

This kid can really hurt friendships.



# FLAMING



- \* Online fights using electronic messages with angry and vulgar language.

# HARRASSMENT



\*Repeatedly sending offensive, rude, and insulting messages.

# Text Wars

Text wars are when **kids gang up** on the target, sending **thousands** of text-messages to the target's cell phone. The target is then faced with a huge cell phone bill and angry parents.



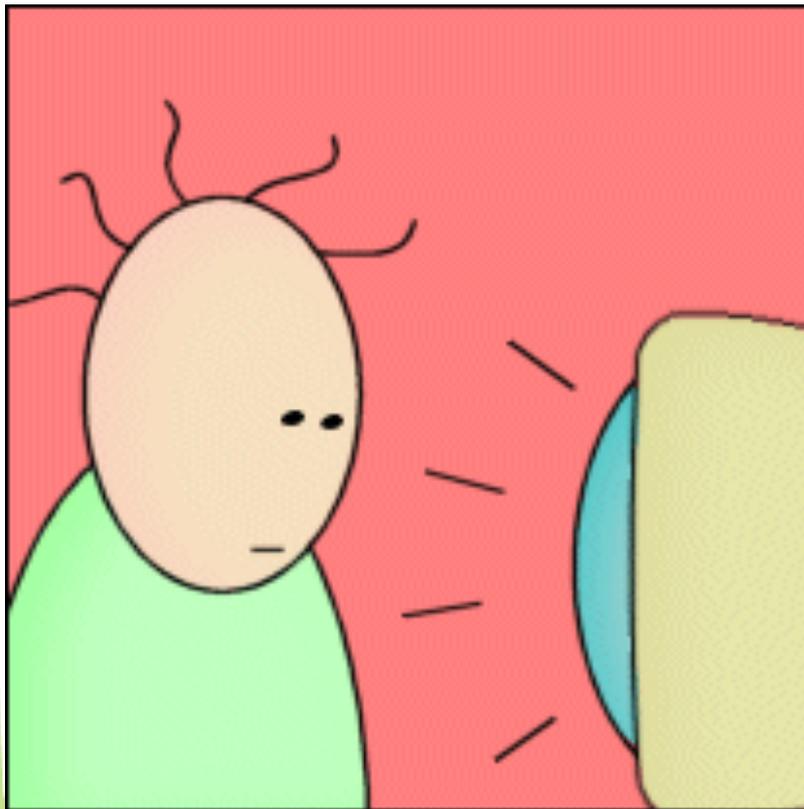
# Web Sites

Kids used to tease each other on the playground; now they do it on web sites. Kids create web sites that may insult another kid. They also post other kids' personal information and pictures.



Source [gettyimages.com](http://gettyimages.com)

# Sending Pictures Through Email, Texts, Cell Phones, and Instagram



Some kids have been sending embarrassing pictures of kids to other kids using either emails or cell phones.

# INSTAGRAM



- \* Lots of Hopkins Students have an Instagram Account and are following each other on Instagram.

# Internet Polling

Some kids are creating on line polls. Asking questions like “Let’s vote is Murray popular?” “Yes or no.” “Does Murray have B.O.? PLACE YOUR **VOTE!**”



# Interactive Gaming



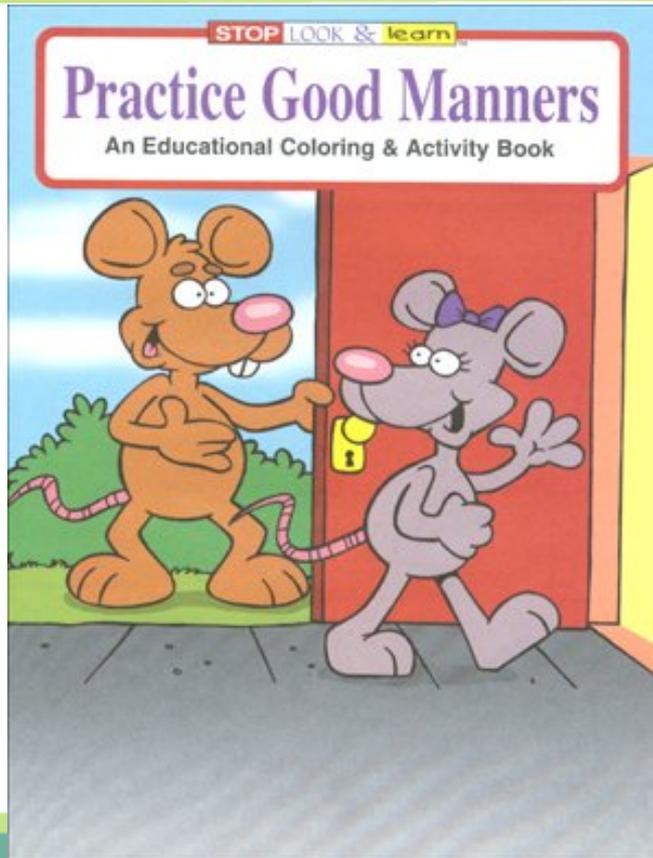
Some kids play interactive games on gaming devices such as X-Box Live and Sony Play Station 2 and 3. These kids can verbally abuse other kids, use threats, and rude language while playing these games.

# WHAT CAN YOU DO TO STOP CYBERBULLYING?



- \* Tell the Cyberbully to stop - the target could send a non-emotional assertive message to the cyberbully telling him or her to stop.
- \* Print out and save the threatening messages.

# USE GOOD MESSAGING MANNERS



- \* In cyberspace people can't see facial expressions or hear your tone of voice.
- \* They have only two ways of judging what you're thinking.
- \* One way is by the words you choose.
- \* The other is by the manners you use. So, choose wisely!



# IGNORE



Block all communications with the cyberbully through email and IM contact lists.

Avoid going to the site or group where you have been attacked.

Change your email address, account, username, or phone number.

# TAKE 5

Before sending an IM take a 5 minute break - think about how you are feeling.

**Watch what you put in writing. E-mails and text messages have a way of sprouting wings and getting into the wrong hands.**

Sign off and get physical, go for a walk, ride a bike, play ball, shoot hoops, play fetch with your dog!



# TALK



- \* Talk to a friend or an older sibling about it.
- \* Tell your parents and come up with a plan.
- \* Have your parents talk to the cyber-bully's parents.

# REPORT TO INTERNET SERVICE PROVIDER



- \* Most cyberbullying violates the ISP's terms of service. Look at the person's ISP name in their email address. Many ISPs will close an account if a person is in breaking the terms of service.
- \* If someone has stolen your identity report this to your ISP.

# BEWARE OF COOKIES



Cookies are small computer files placed in your computer by the sites you visit. These files contain numbers to identify your computer. They also identify your browser, operation system, and internet service provider. This is how you can be identified. A cookie records the date and time you visited and how long you stayed.