What You As a Parent Need to Know about Cyber Bullying.

GEAR UP Program
enFAMILIA
Mays Conservatory of the Arts
What is Cyber bullying?

Is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyber bullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.
Why cyber bullying is Different: Kids who are being cyber bullied are often bullied in person as well. Additionally, kids who are cyber bullied have a harder time getting away from the behavior.

Effects of cyber bullying: Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people.

Frequency of cyber bullying.
Who is at Risk?

No single factor puts a child at risk of being bullied or bullying others

- Children at Risk of Being Bullied
  - Are perceived as different.
  - Are perceived as weak.
  - Are depressed, anxious, or have low self esteem.
  - Are less popular than others and have few friends.
  - Do not get along well with others.

- Children More Likely to Bully Others
  - Are aggressive or easily frustrated.
  - Have less parental involvement.
  - Think badly of others.
  - Have difficulty following rules.
  - View violence in a positive way.
  - Have friends who bully others.
Warning Signs

Signs a Child is Being Bullied: Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Signs a Child is Bullying Others.

Why don’t kids ask for help?: Statistics show that an adult was notified in only about a third of bullying cases.
You can prevent cyber bullying.

- Be Aware of What Your Kids are Doing Online. Talk with your kids about cyber bullying and other online issues regularly.
- Establish Rules about Technology Use. Establish rules about appropriate use of computers, cell phones, and other technology.
- Understand School Rules. Some schools have developed policies on uses of technology.
Dealing with cyber bulling

- Tips for dealing with cyber bullying that your child has experienced.
- Steps to Take Immediately.
- Report Cyber bullying to Law Enforcement
- Report Cyber bullying to Schools
In your packet

- Internet safety.
- Together, parents and children can explore safe ways to use technology.
- 10 tips to get you up to speed on your teen’s social networking activity
- 11 facts about cyber bullying
Questions?