

CYBERBULLYING

What Every Parent Needs to
Know!



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Cyberbullying is...

- ◆ Being cruel to others by sending or posting harmful material using technological means
- ◆ An individual or group that uses information and communication involving electronic technologies to facilitate deliberate and repeated harassment or threat to an individual or group.

DIFFERENCES

BULLYING

- ◆ DIRECT
- ◆ Occurs on school property
- ◆ Poor relationships with teachers
- ◆ Fear retribution
 - Physical:** Hitting, Punching & Shoving
 - Verbal:** Teasing, Name calling & Gossip
 - Nonverbal:** Use of gestures & Exclusion

www.stopbullyingnow.hrsa.gov

CYBERBULLYING

- ◆ ANONYMOUS
- ◆ Occurs off school property
- ◆ Good relationships with teachers
- ◆ Fear loss of technology privileges
- ◆ Further under the radar than bullying
- ◆ Emotional reactions cannot be determined

Cyber Bullying Prevalence

- Cyber bullying typically starts at about 9 years of age and usually ends after 14 years of age; after 14, it becomes cyber or sexual harassment due to nature of acts and age of actors

CYBERBULLYING PREVALENCE

◆ Aftab's statistics:

- ❖ 90% of middle school students they polled had their feelings hurt online
- ❖ 65% of their students between 8-14 have been involved directly or indirectly in a cyber bullying incident as the cyber bully, victim or friend
- ❖ 50% had seen or heard of a website bashing of another student
- ❖ 75% had visited a website bashing
- ❖ 40% had their password stolen and changed by a bully (locking them out of their own account) or sent communications posing as them
- ❖ Problems in studies: not assessing the 'real thing' i.e. Only 15% of parent polled knew what cyber bullying was

Source: Cyberbullying- "Demystifying and Deescalating Cyber Bullying"

Cyberbullies' Technologies

- ◆ E-mail
- ◆ Cell phones
- ◆ Pager text messages
- ◆ Instant messaging- "IM's"
- ◆ Defamatory personal web sites- ex. Dave Knight
- ◆ Defamatory online personal polling web sites
- ◆ Chat rooms
- ◆ Social networking sites: MySpace, Facebook
- ◆ YouTube
- ◆ Interactive Games
- ◆ Blogging

Why Use Technology to Bully?

- ◆ Anonymity
- ◆ Rapid deployment and dissemination
- ◆ Immediate
- ◆ No escape (24/7)
- ◆ Requires only thumbs, not biceps

How it Happens

- ◆ **Flaming:** Online fights using electronic messages with angry and vulgar language
- ◆ **Harassment:** Repeatedly sending offensive, rude, and insulting messages.
- ◆ **Cyber stalking:** Repeatedly sending messages that include threats of harm or are highly intimidating. Engaging in other on-line activities that make a person afraid for his or her own safety.
- ◆ **Denigration:** Sending or posting cruel gossip or rumors about a person to damage his or her reputation or friendships.

How it Happens

- ◆ **Impersonation:** Pretending to be someone else and sending or posting material online that makes that person look bad, gets that person in trouble or danger, or damages that person's reputation or friendships.
- ◆ **Outing and Trickery:** Tricking someone into revealing secrets or embarrassing information which is then shared online.
- ◆ **Exclusion:** Intentionally excluding someone from an on-line group, like a buddy list.

Five Types of On-Line Bullies

- ◆ The Vengeful Angel
- ◆ Computer Savvy
- ◆ The Power-Hungry
- ◆ The "Mean Girls"
- ◆ The Inadvertent Cyberbully

The Vengeful Angel

- ◆ The victim of bullying retaliates
- ◆ Don't see themselves as a bully
- ◆ Righting wrongs or protecting themselves or others from the "Bad Guy"

Source: Cyberbullying- Windsor Police

Computer Savvy

- ◆ Often the victim of typical offline bullying
- ◆ May be physically smaller
- ◆ The ones picked on for not being popular enough
- ◆ Greater technical skills

Source: Cyberbullying- Windsor Police

Power Hungry

- ◆ Like the schoolyard bullies
- ◆ Want to exert their power
- ◆ Often brag about their actions
- ◆ Control with fear
- ◆ Need an audience
- ◆ Want a reaction

Source: Cyberbullying- Windsor Police

“Mean Girls”

- ◆ Bully other females
- ◆ Entertainment
- ◆ Ego based; promote own social status
- ◆ Done/planned in a group
- ◆ Grows when fed by group admiration, cliques or by the silence of others
- ◆ Intimidate on or off line

Source: Cyberbullying- Windsor Police

Inadvertent Cyberbullying

- ◆ “Because I can”
- ◆ Don’t believe or may not realize they are cyberbullies
- ◆ Pretending to be tough online
- ◆ Don’t think before clicking “send”

Source: Cyberbullying- Windsor Police

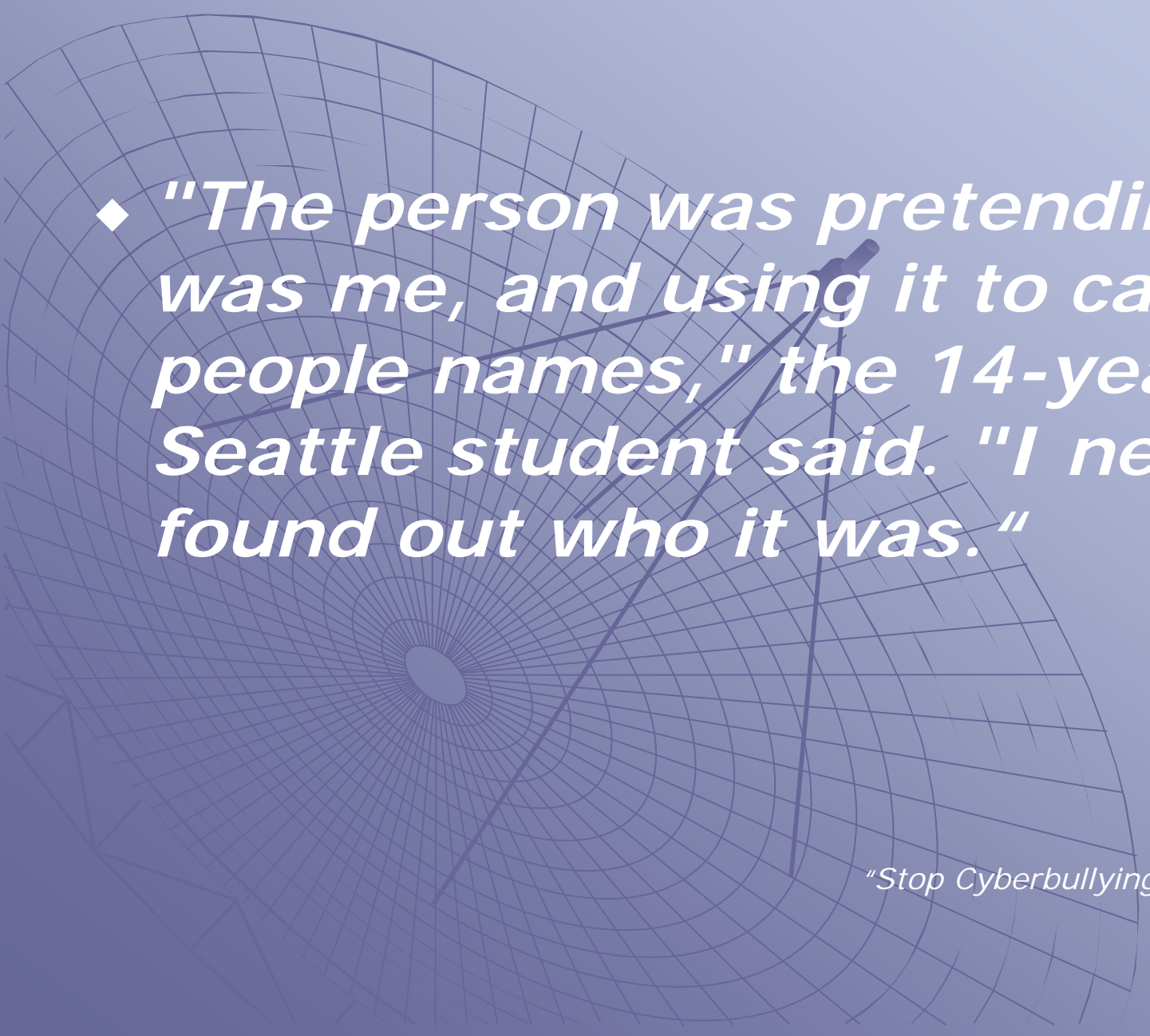
Bystanders

- ◆ Forward hurtful e-mail
- ◆ Visit a cyberbully's "vote for the fat girl" site
- ◆ Allow cyberbullies to take cell phone photos or video of personal moments of others

Source: Cyberbullying- Windsor Police

Real Cyberbullying Incidents

- ◆ Instant Messages claimed a student had a contagious disease.
- ◆ Cell phone camera used to take a locker room photo
- ◆ Student's face morphed onto a pornographic photo
- ◆ Websites take polls for fattest, ugliest, etc.

- 
- ◆ *"The person was pretending it was me, and using it to call people names," the 14-year-old Seattle student said. "I never found out who it was."*

"Stop Cyberbullying" Sabella, Russell

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- ◆ *At one Elementary School in Fairfax, Va. last year, sixth-grade students conducted an online poll to determine the ugliest classmate, school officials say.*


"Stop Cyberbullying" Sabella, Russell

- ◆ *"If I find you, I will beat you up," one message read. Frightened, Michael blocked their IM addresses but didn't tell his parents for two weeks. "It scared me," he recalls. "It was the first time I was bullied."*

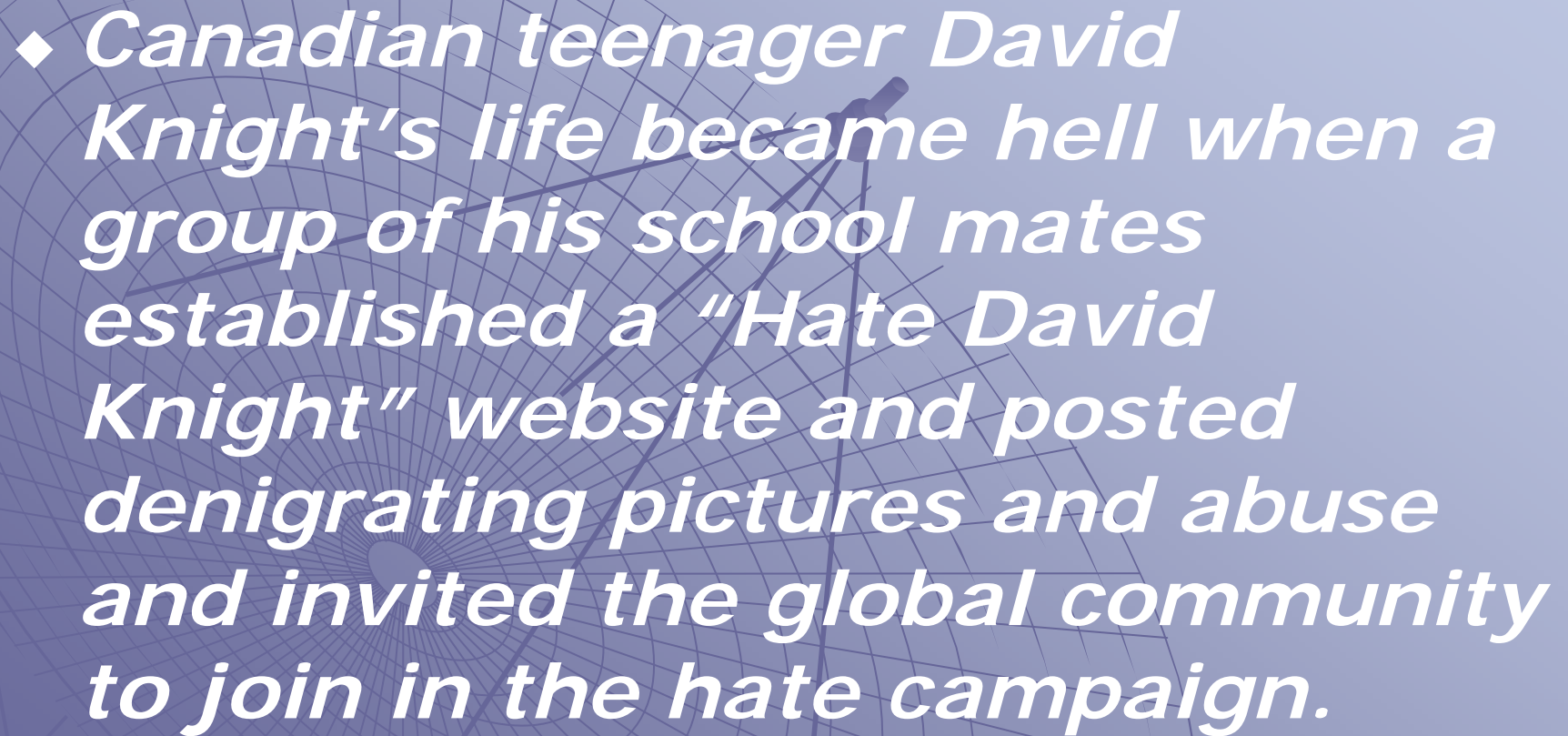
"Stop Cyberbullying" Sabella, Russell

- ◆ *When Joanne had a row with a longtime friend last year, she had no idea it would spill into cyberspace. But what started as a spat at a teenage sleepover swiftly escalated into a three-month harangue of threatening e-mails and defacement of her weblog. "It was a non-stop nightmare," says Joanne, 14, a freshman at a private high school in Southern California. "I dreaded going on my computer."*

"Stop Cyberbullying" Sabella, Russell

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- ◆ *In June 2003 a twelve-year-old Japanese girl killed her classmate because she was angry about messages that had been posted about her on the Internet.*

"Stop Cyberbullying" Sabella, Russell

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- ◆ *Canadian teenager David Knight's life became hell when a group of his school mates established a "Hate David Knight" website and posted denigrating pictures and abuse and invited the global community to join in the hate campaign.*

"Stop Cyberbullying" Sabella, Russell

Create a Hate Website

Blogger: Create your Blog Now -- FREE - Mozilla Firefox

File Edit View History Bookmarks Tools Help del_jcio.us

https://www2.blogger.com/start

Google

Haven't switched to a Google Account? [Sign in to old Blogger](#)

 **Blogger™**

Sign in to use Blogger with your Google Account

Username: Password: (?)

Remember me (?)

SIGN IN

BLOGS UPDATED AT 11:30 AM
[Winter Wonderland](#)

BLOGS OF NOTE
[Both Sides of the Mouth](#) [more »](#)

What's a blog? **TAKE A QUICK TOUR**

 **Publish**
thoughts

 **Get**
feedback

 **Post**
photos

 **Go**
mobile

Create a **blog** in **3 easy steps:**

- 1 Create an account
- 2 Name your blog
- 3 Choose a template

A **blog** is your easy-to-use web site, where you can quickly post thoughts, interact with people, and more. All for FREE.

CREATE YOUR BLOG NOW 

[Home](#) | [About](#) | [Buzz](#) | [Help](#) | [Discuss](#) | [Language](#) | [Developers](#) | [Gear](#)
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Polls or Ratings

Rate People | Meet People | Best Of | Meet Jim and James

HOT or NOT.

Select a rating to see the next picture.

NOT 1 2 3 4 5 6 7 8 9 10 HOT

Login
Submit p

Show me women only of any age

Click Here to Meet Me



Share Link: <http://hotornot.com/r/?eid=G8SRBRH-GJS> Share Picture

Flag picture as: Inappropriate Broken Best Of What is this?

Signs of Being Bullied

- ◆ Unexpectedly stops using the computer
- ◆ Appears nervous and jumpy when receiving IM's and E-mails
- ◆ Uneasy about going to school or activities
- ◆ Appears angry, depressed, or frustrated when or after using the computer
- ◆ Becomes abnormally withdrawn from usual friends
- ◆ Low self esteem
- ◆ Decline in grades

Tips for the Bullied

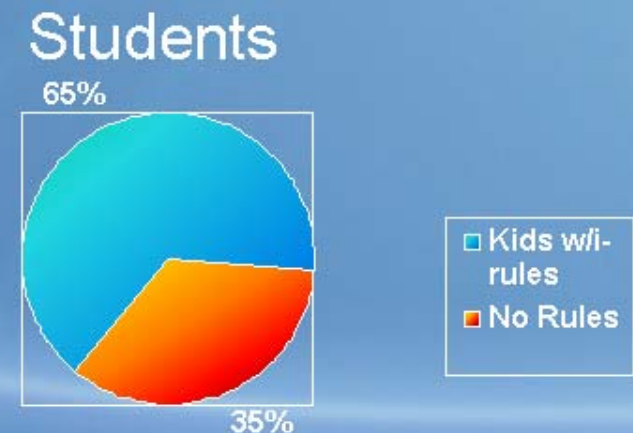
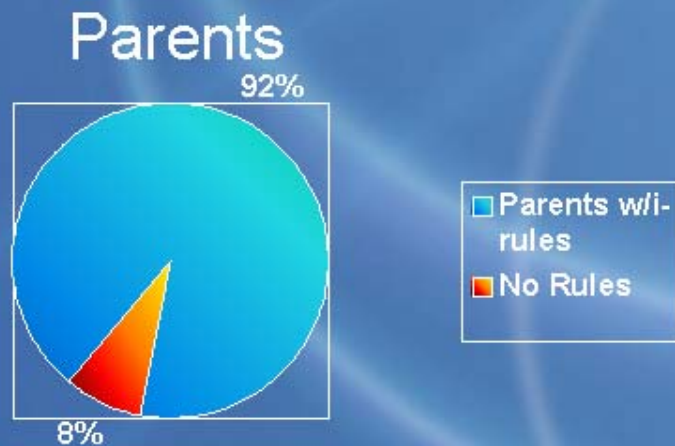
- ◆ Save evidence: Don't erase or delete messages
- ◆ Tell an adult
- ◆ Don't reply to messages from cyberbullies
- ◆ Block sender's e-mail
- ◆ Change e-mail or cell phone number
- ◆ Inform your ISP
- ◆ Call police if messages are threatening

Signs Your Child Is The Bully

- ◆ Quickly closes screen or program when you walk by.
- ◆ Uses the computer at all hours of the night.
- ◆ Gets usually upset when he/she can't get a computer.
- ◆ Laughing excessively when using the computer.
- ◆ Uses multiple online accounts.

Source: Cyberbullying & Internet Safety

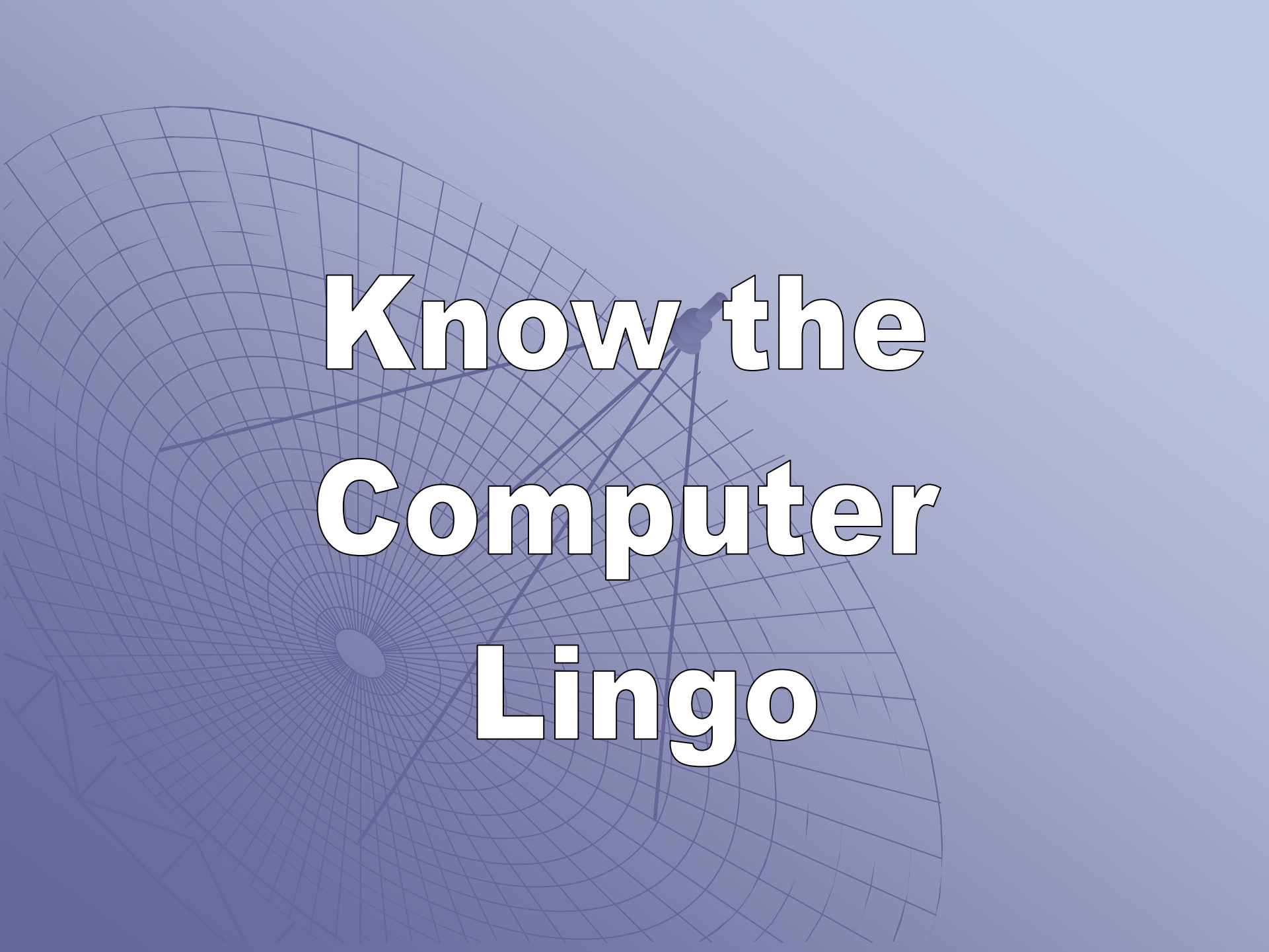
Parent & Student Perspectives Differ



- 92% of parents have set Internet use rules at home
- Only 65% of students say they have Internet-use rules

What Parents Can Do

- ◆ Keep the computer in an open space
- ◆ Never give out personal information
- ◆ Don't open a message from someone you don't know
- ◆ Monitor call and text logs (detailed billing)
- ◆ Establish clear expectations regarding acceptable and unacceptable online behavior
- ◆ Establish immediate consequences if engaging in unacceptable online behavior
- ◆ Review your child's buddy list on a regular basis
- ◆ Never reveal password even to a friend



Know the Computer Lingo

IM Confused

HT, HAY? WAYDT? Mtg Jason, WooT! G2G, PAW.
T2UL8R.

Have any idea what that sentence says? If you're not familiar with IM-speak, the second language for most teenagers in the U.S., you probably don't. Here's a translation:

Hi there, how are you? What are you doing tonight? Meeting Jason and I'm really excited. Got to go, parents are watching. Talk to you later.

Common IM Abbreviations

JK- just kidding

H8- hate

CYL- see you later

IAS- I am sorry

L8R- later

LOL- Laughing out loud

Mtg- meeting

NW- no way

OMG- Oh My Gosh

OMW- On My Way

POS/PAW- Parents over
Shoulder or Parents
are Watching

NIFOC- Naked in front of
computer

OTP- On the phone

WAYDT- What are you
doing tonight?

SYL- see you later

HAY- how are you?

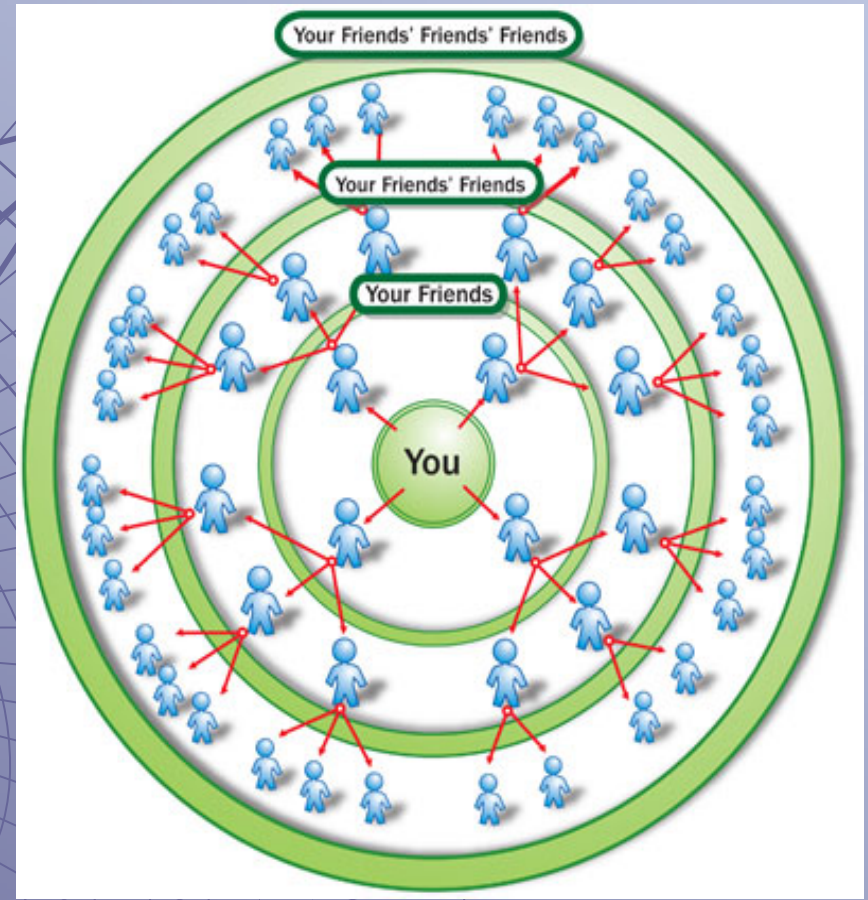
G2G- Got to go

Online Social Networking and Gaming

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- The diagram features a central node (a dark blue circle) connected by lines to several peripheral nodes. The peripheral nodes are arranged in two columns. The left column contains: My Space, Facebook, Bebo, Second Life, Doyoulookgood, and Flickr. The right column contains: Friendster, Furl, LiveJournal, TakingItGlobal, and Xanga. The background is a light blue grid with a circular pattern of lines radiating from the center.
- ◆ My Space
 - ◆ Facebook
 - ◆ Bebo
 - ◆ Second Life
 - ◆ Doyoulookgood
 - ◆ Flickr
 - ◆ Friendster
 - ◆ Furl
 - ◆ LiveJournal
 - ◆ TakingItGlobal
 - ◆ Xanga


My Space

- ◆ You join My Space and create a profile.
- ◆ You invite your friends to join My Space and search My Space for your friends who are already members. These people become part of your initial "Friend Space."
- ◆ All of the people in your friends' Friend Space become part of your network. You now have connections to more people than you did 15 minutes ago.



MySpace Privacy

My Account Settings	
Email Address:	<input type="text" value="sabella@schoolcounselor.com"/>
Change Password:	- Change Password :-
Notifications:	<input type="checkbox"/> Do not send me notification emails -help-
Newsletters:	<input type="checkbox"/> Do not send me MySpace newsletters
Privacy Settings:	- Change Settings -
IM Privacy Settings:	- Change Settings -
Mobile Settings: New!	- Change Settings -
Groups Settings:	- Change Settings -
Calendar Settings:	- Change Settings -
Blocked Users:	- View List -
Profile Views:	- Reset Count -
Profile Settings:	- Change Settings -
Music Settings: New!	- Change Settings -
Away Message:	- View / Edit Away Message -
Preferred Site & Language:	<input type="text" value="www.myspace.com - English"/>
Time Zone Settings:	<input type="text" value="(GMT -5:00 hours) Eastern Time (US & Canada)"/>
<input type="button" value="-Change-"/>	

Who Can View My Full Profile	
<input type="radio"/>	My Friends Only
<input checked="" type="radio"/>	Public
Privacy Settings	
<input type="checkbox"/>	Friend Requests - Require email or last name
<input checked="" type="checkbox"/>	Comments - approve before posting
<input type="checkbox"/>	Hide Online Now
<input type="checkbox"/>	Show My Birthday to my Friends 
<input type="checkbox"/>	Photos - No Forwarding
<input type="checkbox"/>	Blog Comments - Friends Only
<input type="checkbox"/>	Friend Requests - No Bands
Group Invite Privacy Settings	
Block Group Invites From:	
<input type="checkbox"/>	Everyone (including my friends)
<input type="checkbox"/>	Users who are not added to my friends
<input type="checkbox"/>	Bands (who are not added to my friends)
<input type="checkbox"/>	Filmmakers (who are not added to my friends)
<input type="checkbox"/>	Comedians (who are not added to my friends)
Event Invite Privacy Settings	
Block Event Invites From:	
<input type="checkbox"/>	Everyone (including my friends)
<input checked="" type="checkbox"/>	Users who are not added to my friends
<input checked="" type="checkbox"/>	Bands (who are not added to my friends)
<input checked="" type="checkbox"/>	Filmmakers (who are not added to my friends)
<input checked="" type="checkbox"/>	Comedians (who are not added to my friends)
<input type="button" value="Change Settings"/> <input type="button" value="Cancel"/>	

MySpace IM Settings

My IM Privacy Settings

<input type="radio"/>	No one can IM me.
<input type="radio"/>	Only Friends can IM me.
<input checked="" type="radio"/>	Anyone can IM me.

Second Life Social Networking

- ◆ Users pretend to be whomever or whatever they want to be
- ◆ It has a virtual economy
- ◆ It is a complex environment filled with potential risks and rewards.

If they must social network ...

- ◆ Make account PRIVATE
- ◆ Understand the “rules of engagement”
- ◆ No personal/private information
- ◆ Monitor “friends” pages for the same

FILTERS

- SECURITY SOFTWARE- Predator Guard- scans all messages and "notices" when that text could be threatening to use
- E-MAIL TRACKER PRO- allows you to track Internet E-mail back to sender
- PARENT CONTROLS- offers chat filtering protection for both instant messaging and chat rooms

Source: Cyberbullying- Windsor Police

Software

- ◆ Install extra security such as blocking, filtering, and key logging software.

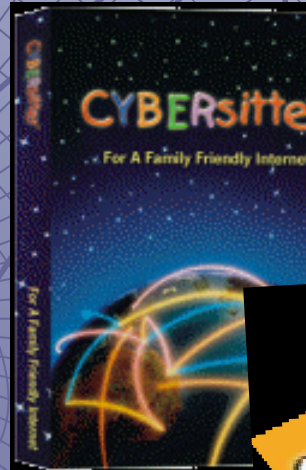
Cybersitter

Net Nanny

CyberPatrol

SurfControl

PC Tattletale



(c) 2006, Russell A. Sabella

Sources

- ◆ Cyber Bullying “Demystifying and Deescalating Cyber Bullying”
Trolley, Barbara; Hanel, Connie; Shields, Linda
www.nyssca.org/CYBERBULLYING-pp-BT28th.ppt
- ◆ “Cyberbullying” Windsor, CA Police Service
www.police.windsor.on.ca/Teen%20Scene/070719%20Cyberbullying.pdf
- ◆ “Stop Cyberbullying” Sabella, Russell www.schoolcounselor.org/
- ◆ Big Y: Educating Kids January 2009