

Cyber bullying

Cyber bullying has all the characteristics of “regular” bullying but is different in its own way.

Cyber Bullying is, but not limited to, any act of bullying committed by use of electronic technology or electronic communication devices, including telephonic devices, social networking and other internet communications, on school computers, networks, forums and mailing lists, or other District-owned property, and by means of an individual’s personal electronic media and equipment.

The person doing the bullying can be anonymous and hidden.

The bullying can be witnessed by many more bystanders, making the pain worse for the victim.

It is difficult to get away from because young people often have constant access to technology devices.

It can happen very quickly and be hard to recognize and refuse.

What can parents do?

Since Cyber Bullying is less often reported than regular bullying, talking about the three R’s (“Recognize” what cyber bullying is, “Refuse” to take part in it and “Report” to a responsible adult) are important to communicate to your teen. “Reporting” can be done by saving messages and images, taking screen shots and copying URLs.

Tell your teen to block e-mail addresses, screen names or phone numbers and respond to the cyber bully. If threats are made, ask an adult to call the police.

Information taken mostly from Steps to Respect – A Bullying Prevention Program

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