



# STANDING TALL

## FACTS:

- 52% percent of young people report being cyberbullied
- 33% of kids who reported cyberbullying said that their bullies issued online threats.
- 55 % of all teens who use social media have witnessed bullying via that medium.
- An astounding 95 % of teens who witnessed bullying on social media reported that they ignored the behavior.
- Cell phones are the most popular form of technology with teens as well as a common medium for cyber bullying.

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## Cyberbullying: How to Keep Your Kids Safe

Our increasingly connected world has created another platform for “bullies” to harass their targets. No longer are “bullies” confined to picking on other kids at school. Today, many “bullies” are refraining from physical assaults, opting instead for around the clock bashing via texts, email, social media, instant messaging as well as other online platforms. Although parents, teachers and other authority figures can no longer count on physical signs like scars, torn clothing and bruises to tell the story, this certainly doesn’t mean that the effects of cyber bullying are any less significant and damaging.



### Examples of Cyberbullying:

- Repeatedly sending mean messages via text, emails, or social media.
- Posting negative comments, pictures, or videos.
- Posting digitally altered photos of someone
- Impersonating someone and sending offensive messages.
- Tricking someone into sharing personal or embarrassing information and then posting it.

### Tips for Cyber Safety:

- Be aware of what kids are doing online.
- Talk about what is on their devices and safe use of their devices and communication tools.
- Monitor their browser history, emails, text messages, social media, and apps.
- Tell kids never post or share personal information about themselves.
- Make sure all social networking accounts are “private” or “friends only”.
- Inform kids that even private information can be shared by a “friend”.
- Learn school rules about using devices and communication tools.
- Teach kids how to recognize and handle cyberbullying.

### What is Cyberbullying?:

Stopbullying.gov defines Cyberbullying as 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 forums, and websites. Cyber-bullying can happen 24 hours a day, 7 days a week and it can reach kids even when they are alone. Information can be shared anonymously, to a lot of people and very quickly. Cyberbullying can be permanent in the sense that once something has been posted to the Internet a trace of it can sometimes be found even after deleted.

## How to Handle Cyberbullying

### Steps Kids Should Take Against Cyberbullying:

- Take immediate action
- Tell someone if cyberbullying is happening
- Try to identify the bully
- Tell the bully to stop.
- Save and print screenshots, emails, and text messages as evidence.
- Stop communication! Do not forward the messages or respond to the bully.
- “Block” the bully, change account setting or delete current account and open a new one.
- Change phone number and only share the new number with trustworthy people.
- Report the bullying to service provider or social media site.
- If necessary report to law enforcement and or/schools.

—Adapted from [www.stopbullying.gov](http://www.stopbullying.gov)



## Cyberbullying Website Resources

[stopcyberbullying.org](http://stopcyberbullying.org)

[stopbullying.gov](http://stopbullying.gov)

[cyberbully.org](http://cyberbully.org)

[ic3.gov](http://ic3.gov) (Internet Crime Complaint Center)

[Isafe.org](http://Isafe.org)

[safeteens.com](http://safeteens.com)

[nobullying.com](http://nobullying.com)

[commonsensemedia.org](http://commonsensemedia.org)

## What The Kids Are Up To!

**ask.fm.** Users ask questions & answer those posted by others. Users can be anonymous. Age 13+

**Facebook.** Users share (status updates, pictures, articles), send messages, “like” & comment on posts. Age 13+

**Yik Yak.** “Yakkers” anonymously post about events, which other users then vote up or down. Age 17+

**Whisper.** Users anonymously share “confessions” with an image & comment on posts. Can include location. Age 17+

**Vine.** Users share 6 second videos. Nudity & sexual content are allowed. Age 17+

**Twitter.** Users post “tweets” (140-character messages) & follow other users' activities. Hashtags (word/phrase followed by pound #) are used to form a label. No age requirement.

**Snapchat.** Users send photos & videos that disappear from view within 10 seconds. The pictures disappear from view but can be retrieved & saved via print screen functions. Age 12+

**Instagram.** Users can share pictures & videos as well as like & comment on posts or explore public pictures. Age 13+

**Tinder.** A dating, “hook-up” app where users can view pictures of other users in the same geographic area. When users “like” each other a messaging feature allows users to communicate directly. Ages 17+

**Kik messenger.** A free instant messaging app. Users can message pictures, and share web content, etc. Age 13+

**Tumblr.** A blog site where users upload pictures, links, text or gifs in a steady stream of information. Age 13+

**Voxer.** A walkie-talkie app that has live push to talk and a voice messaging system. Age 4+

**Oovoo.** Users send free text/audio messages, videos, & photos to one or many people.

\*\*This is only a limited list of some popular apps and social media sites but there are many more available and new ones emerge daily \*\*

