

WHAT IS CYBERBULLYING?

Cyberbullying is a type of bullying that occurs through electronic communication devices (e.g. the Internet, cell phones, iPad, iPod, & video gaming systems)

Cyberbullying behaviours can damage children's reputations or friendships by...

- ❖ Sending or posting gossip, rumours, or secrets
- ❖ Pretending to be someone else & sending negative messages
- ❖ Posting material to tease or make fun of someone
- ❖ Posting real or digitally altered pictures or videos of others without their permission
- ❖ Rating peers' popularity or appearance online



UNDERSTANDING CYBERBULLYING IN YOUNG CHILDREN

❖ Most children use technology responsibly

But 25% of fifth & sixth grade students report cyber victimization experiences in the past 30 days

- ❖ The most common experiences are receiving a text message or having something posted on a social networking page's that is upsetting or uncomfortable

One in ten fifth & sixth graders report cyber bullying in the past 30 days during a school year but...

- ❖ Children who send hurtful messages often think they are "just kidding" or teasing
- ❖ Cyberbullying is often committed by groups of children who would not do this alone!
- ❖ Children may not intend to be mean or appreciate that the recipient can be hurt & the lack of visual contact with the recipient online makes it easy for messages to be misinterpreted

WHAT CAN YOU DO?

1) Create cell phone & internet safety agreements with your child or classroom

- ❖ Clearly explain appropriate & inappropriate online behaviours (e.g., don't share personal information or photos about others without their permission)
- ❖ Agree on rules for responsible technology use that suit your family (e.g., no cell phones at the dinner table or by your child's bedside at night) or in classrooms
- ❖ Post your agreements on the wall in the classroom & on the fridge at home to remind children about their commitment
- ❖ Discuss with your child what they should do if they are hurt (e.g., Tell a trusted adult at home or at school)

2) Monitor your child's technology use (e.g., Internet, cell phone, iPad, iPod, video gaming systems)

- ❖ Use active supervision – place computers in open areas of your home
- ❖ Use blocking & filtering software to prevent unsolicited messages

3) Develop open lines of communication with your child about their online behaviour

- ❖ Know your child's passwords & review their online activities
- ❖ Ask about any chat lingo you don't understand
- ❖ Teach children about the dangers of sharing (e.g., sending or posting on their wall) online passwords, pictures, or videos even with friends
- ❖ Encourage children to share their online experiences with you & other trusted adults & make sure that they know you will help make safe decisions.

4) Encourage children to stand up for responsible online behaviour in groups

- ❖ Help children to stand in the shoes of a child who sees a posted message or 'joke' & imagine how they might feel
- ❖ Help children refuse to support mean comments online (e.g., do not 'like' the post) & get help if needed to stop this behaviour
- ❖ Have groups do online interacting and to practice good "chatting" skills

5) Discuss the importance of treating others with kindness & respect in both online & offline environments

- ❖ Teach netiquette (e.g., help others, treat others how you would want to be treated, consider other's feelings, use privacy settings, thinking about messages before sending them)



CYBERBULLYING RESOURCES FOR PARENTS OF YOUNG CHILDREN

<http://cyberbullying.org/preventing-cyberbullying-top-ten-tips-for-parents-2/>

<http://mediasmarts.ca/tutorial/raising-ethical-kids-networked-world>

<http://www.prevnet.ca/resources/cyber-tool>

<http://www.reallifeonline.ca/Parents-Guardians/What-You-Can-Do.aspx>

ENDING CYBERBULLYING BEFORE IT STARTS



Cyberbullying is a growing problem.

This resource will help parents & teachers to understand what cyberbullying looks like in young children & what they can do to prevent these experiences.



Scan this QR code with your phone or iPad to link to other WITS resources!

