

New Family Orientation

Cyber Bullying & Bullying

What is Cyber Bullying?

Cyber bullying is the use of Internet e-mail, instant messaging, chat rooms, pagers, cell phones, or other forms of information technology to deliberately and repeatedly hurt, taunt, ridicule, threaten or intimidate someone.

Eleven Facts About Cyber Bullying

1. Nearly 35% of kids have been threatened online and almost one in five have had it happen more than once.
2. Along this percentage, being ignored and disrespected were the most common forms of cyber bullying.
3. Nine out of ten middle school students have had their feelings hurt online.
4. About 75% have visited a Web site bashing another student.
5. Four out of ten middle school students have had their password(s) stolen and changed by a bully who then locked them out of their own account or sent communications posing as them.
6. About 21% of kids have received mean or threatening e-mails.
7. The psychological and emotional outcomes of cyber-bullying are similar to real-life bullying outcomes, except for the reality that with cyber bullying there is often no escape. School ends at 3 p.m., while the Internet is available all the time.
8. The primary cyber-bullying location where victimizing occurs, at 56%, is in chat rooms.
9. Girls are about twice as likely as boys to be victims and perpetrators of cyber-bullying.
10. About 58% of kids admit someone has said mean or hurtful things to them online. More than four out of ten say it has happened more than once.
11. Cyber-bullying has increased in recent years. In a national survey of 10-17 year olds, twice as many children indicated they had been victims and perpetrators of online harassment in 2005 compared with 2000.

Sources: [StopCyber-bullying Know to Love New York State School Counselor ssociation](#) [ANational Crime Prevention Council](#)

Cyber Bullying For Parents

Four critical cyber bullying communications commandments

- 1. Do not Delete**
- 2. Do not Respond**
- 3. Do tell you**
- 4. Do save the evidence**

Communication: Talk regularly with your child about on-line activities he or she is involved in. Ask if their friends have received mean emails, text or IM. Children are often more comfortable talking about issues indirectly.

Set Limits: Set firm guidelines for cell phone and computer use and monitor that behavior. Research shows teens spending more than 40 monthly hours' online.

Raise Awareness: Talk specifically about cyber-bullying. Explain that that it is harmful and unacceptable behavior. Explain that it is not a joke or funny to the person receiving it.

Have Consequences: Outline your expectations for responsible online behavior and clearly explain the consequences for inappropriate behavior.

Save the Evidence: If your child is cyber bullied, save and copy the messages and websites, you may need this to take action. Encourage your child to tell you immediately if he or she is a victim of cyber-bullying. Tell your child "do not" respond to the bully and do not delete the "evidence". Most teens believe they are untraceable. Not true. They usually leave electronic "fingerprints" in their wake.

Bullying

When is it teasing, and when is it bullying?

One of the common myths about bullying is that it is just a normal part of childhood. Everyone gets teased now and then without a great deal of harm, but bullying, characterized by repeated, intentionally hurtful acts, can have long-term effects on both the bully and the victim. These acts can be physical, verbal, emotional, or sexual, and there is generally an imbalance of power between the bully and the victim.

Statistics on bullying

- One in three children in the United States is affected by bullying.
- Sixty percent of students identified as bullies in grades 6 to 9 had at least one criminal conviction by age 24.
- Bullies are at even greater risk of suicide than are their targets.
- About two thirds of students involved in school shootings said they had felt persecuted, bullied, or threatened by others.
- School-based intervention programs can reduce bullying by 30% to 50%.

As a parent, what can I do about bullying?

The most important thing you can do is listen to your child. Ask how things are going at school. Ask if your child has had any experience with bullies or has seen other children experience bullying. Often children are too embarrassed or scared to bring up the topic on their own. You can bring it up by discussing sympathy and respect for others and asking questions.