

How Do You Report A Bullying Incident?

Notify a guidance counselor, an administrator, or a teacher of the incident. The complaint will be documented and investigated. Communicating a cyber bullying incident is the first step to eliminating cyber bullying behavior.

Your feelings are important!

If you have been bullied, do not blame yourself, be proud of who you are, and do not be afraid. to get help.

MIAMISBURG CITY SCHOOLS



**SAY NO
TO CYBER BULLYING**

"Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It has to have a minor on both sides, or at least have been instigated by a minor against another minor.

The methods used are limited only by the child's imagination and access to technology. The cyber bully one moment, may become the victim the next. The kids often change roles, going from victim to bully and back again.

Cyber bullying is usually not a one time communication, unless it involves a death threat or a credible threat of serious bodily harm. Kids usually know it when they see it, while parents may be more worried about the lewd language used by the kids than the hurtful effect of rude and embarrassing posts.

There are two kinds of cyber bullying, direct attacks (message sent to your kids directly) and by proxy (using others to help cyber bully the victim).

Direct Attacks Made Through Cyber Bullying

1. Instant Messaging/Text Messaging Harassment
2. Stealing Passwords
3. Blogs
4. Web Sites
5. Sending Pictures through E-mail and Cell Phones
6. Internet Polling
7. Interactive Gaming
8. Sending Malicious Code
9. Sending Junk E-Mail and IMs
10. Impersonation



Here Are Some Things That You Can Do To Help Prevent Cyber Bullying.

1. Communicate with your children. Set up a daily time to check in with your son or daughter, and listen to any concerns about online activities that they are involved in. Talk specifically about cyber bullying and encourage your children to tell you immediately if they see or experience cyber bullying.
2. Be aware of where your children go online. Familiarize your self with the technology they are using.
3. Develop and enforce rules. Work together and come to a clear understanding about when, where, and for what purpose phones and computers can be used. Develop clear rules about what is and what is not appropriate online. Decide on fair consequences and follow through consistently.

How Can You Help?

If you know or suspect your children are being cyber bullied, take quick action.

1. Talk with your children. Do not just ignore the bullying problem or hope it will go away. Tell your child that you are concerned and that you'd like to help.
2. Tell your child not to respond to cyber bullying. Responding can sometimes make the situation worse.
3. Empathize with your child. Tell him or her that cyber bullying is wrong, that it is not their fault, and that you are glad he or she had the courage to tell you about it. Do not assume that your child did something to provoke the bullying. For instance, do not ask things like, "What did you do to aggravate the other child?"
4. Work together to find solutions. Ask your children what he or she thinks can be done to help, and reassure him or her that the situation can be handled and still keep them safe.
5. Document ongoing cyber bullying. Work with your children to record bullying incidents. Write down what happened, where, who was involved, and when it occurred. Find out how your child reacted and how the students bullying, bystanders, and adults responded.
6. Block the person who is cyber bullying your children. Many websites and phone companies let you block people. Cyber bullying may violate the "Terms and Conditions" of these services. Consider contacting them to file a complaint.
7. Contact law enforcement. Police can respond if the aggressive behavior is criminal.
8. Be Persistent. Talk regularly with your child to see whether the cyber bullying has stopped. If the bullying persists or escalates, you may need contact the appropriate people again. Don't give up.

