

How do you stop . . . bullying in cyber space?

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It's not just strangers who can make you feel uncomfortable online. Cyber bullying is any on-line message that threatens, harasses, humiliates or intimidates. It might be anonymous, from a former friend or even from someone you know.

Report cyber bullying. Bullies can feel empowered because they believe they are anonymous. Make sure they are not.

turn for tips on cyber bullying

Cyber Bullying – what you can do:

- Guard your personal identifying information – name, age, date of birth, address, phone number, photographs and school name.
- Speak out when someone is being mean on-line.
- Exit from conversations that make you feel uncomfortable or at risk. Do not worry about offending anyone in this situation. Block future messages from these senders.
- Do not reply to threatening or harassing messages. Keep a record of these messages by date and time. Save the message and take appropriate action.
- If you get bullying messages online, ignore them rather than answer them. Cyber bullies, just like other bullies may be looking for a reaction.
- Taking part in web polls – voting on the ugliest kid or the most popular teacher – is just as bad as creating the poll yourself.
- E-mails are as private as a postcard; never write anything in a message you would not want the world to read.
- Never use someone's picture without their permission. Speak up on people that do.
- Parents, always be aware of your families internet activities.



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