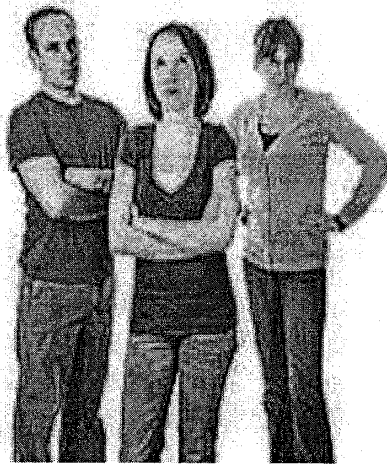


Parents as Partners

“Anti-bullying/Cyber-Bullying Prevention and Strategies”



North Shore Middle School Guidance Dept.
Tips and Resources for Parents

What is Cyberbullying?

The use of modern communication technologies to embarrass, humiliate, threaten, or intimidate an individual in the attempt to gain power and control over them.
(Glenn R. Stutzy)

Who is Involved?

Girls are twice as likely as boys to be not only victims but perpetrators of cyber-bullying.

Why is it Thriving?

Disinhibition /Idea of Invisibility/ Anonymity

"I Can't See You, You Can't See Me" Idea of anonymity

Easier done behind the guise of protection of a technological device

Easier to rationalize an irresponsible or harmful action due to lack of potential for detection and punishment

Distanced from a perception of harm that behavior has caused

Lack of immediate feedback of a facial expression or wounded response

Undermines the empathic response which could lead to feelings of remorse

Partner with Parents: Cyber Tips

- Live in Reality: texting, sexting, IMing, blogging, posting and more your kids are probably involved with or at least exposed to
- Learn to Talk, Text or Tweet with your child and Listen
- Do not judge what you hear
- Listen and you may learn
- Become electronically savvy
- Create family computer and cell phone rules, discuss an "open check" policy, sneaking to check your child's cell phone or history on the computer does not allow for building trust, if you pay for the services you have the right to check them anytime, but inform your kids of that
- DO NOT allow computers in isolated areas
- Understand blocking filters and software
- Be a good role model
- Talk about all roles in the real world and cyber world (Target, Bystander, Bully/ Mean Girl)
- Contact law enforcement if necessary
- Seek professional help if necessary

(adapted and used with permission from Bowen, Allyson. (2009)
Sexting, Texting, IMing, Blogging...R U Prepared. West Columbia, SC © Allyson Bowen, LISW-CP)

Resources

Book Study for Don't Feed the Bully--<http://www.dontfeedthebully.com/StudyGuide.html>

Maine Bullying Prevention Education Program: <http://mainelaw.usm.maine.edu/mlce/bully.htm>

Stan Davis Bullying site: <http://www.stopbullyingnow.com>

Olweus Bullying Prevention - Maine: <http://stopbullyingmaine.com/>

Olweus Bullying Prevention - National: <http://www.clemson.edu/olweus/>

Center for the Study and Prevention of Violence: www.colorado.edu/cspv/blueprints/

Center for the Prevention of Hate Violence: www.preventinghate.org

Operation Respect: www.dontlaugh.org

Urban Leadership Institute-- www.urbanyouth.org

Public Health of Canada: National Clearinghouse on Family Violence:

http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/html/nfntsaggsr_e.html

Cyberbullying: www.cyberbullying.ca – in Canada www.cyberbullying.org – in the US

Hardy Girls Healthy Women--www.hardygirlshealthywomen.org

Websites for Students

<http://www.dontfeedthebully.com/>

http://www.intheknowzone.com/relational_aggression/

<http://www.genaustin.org/public/>

www.opheliaproject.org

<http://www.girlsempowered.com>

Software: (tracks websites visited)

www.keylogger.com

www.eblaster.com

www.watchdogpc.com

www.spectorsoft.com

iPhone: download safety web app

Websites for Parents

www.teachersandfamilies.com

www.namesdohurt.com

www.girlsempowered.com

www.hardygirlshealthywomen.org

www.wholefamily.com

Bullying in Cyberworld: IM, Texting, Sexting and More

Instant Messaging, picture phones and text messaging have become new ways to bully and cheat. Social networking sites such as MySpace and Facebook have garnered much attention and not just from the youth that have made it popular but from the media as well. However, electronic aggression is so rapidly increasing we cannot blame one particular method as being the only method we need to address. The following reflects the statistics reported in a CDC 2008 report:

Instant Messaging:

67% of targets said the aggression they experienced was through IM.

Chat Rooms:

25% of youth report they have experienced some type of electronic aggression in chat rooms.

Email:

25% report aggression through email.

Websites:

23% report some form of aggression on websites.

Text Messaging:

16% through text messages.

The following statistics are from the LG (Life's Good Electronics) Website:

On average teens send a text message every 14 minutes, that is 20,209 text messages sent every second in US

45% of teens admit to texting and driving, 4% of parents believe their teens text while driving

43% of teens admit to putting someone down or insulting them through texting, 10% of parents believe their teen participate in this type hurtful behavior.

41% of teens admit to sending, receiving or forwarding a text that was of sexual nature, 11% of parents believe their teen participated in this type behavior.

52% admit to checking someone else's texts or had their texts checked by someone without permission, 8% of parents believe their teens would participate in this behavior.

58% of teens said being able to text their parents, made them feel closer.

Parenting Pointers: Partner with Parents

Helpful Suggestions and Tips for Parents

- Involve youth in activities outside of school so that they are exposed to different groups of people.
- Encourage relationships with adults and other children who appreciate them for who they are.
- Always be available to listen and talk to your child about what is going on in their life. Do not downplay the importance of an incident.
- Empathize with your child when they share something they see as important.
- Teach kindness and model this behavior. Be aware of your own inadvertent aggressive behaviors in relationships.
- Remember that while youth may tell you about being the victim of an incident, they often won't tell you about being the aggressor. Talk to your child about all sides of the issue.
- If your daughter is the "girl in the middle," firmly but lovingly encourage her to take the high road and support the victim, or at least not take part in the aggression.
- Be a positive role model by helping your child see what makes a healthy reciprocal friendship.
- If bullying is happening online document what happens, who is involved and if any actions were taken. This may help schools act if needed.