Cyberbullying

Welcome!

In this tutorial, we will introduce information about cyberbullying including what it is, how it happens, technology issues related to it, and what can you do about it.

We will also discuss online safety for children, the risks of online activity, and introduce resources parents can use to get help

Everyone Knows...

Courtesy of the National Center for Missing and Exploited Children

Do you know what kinds of things your child is sharing online? Do you know who has access to see it? Do you know what people are doing with this information? This video sponsored by the National Center for Missing and Exploited Children illustrates how things that take place online can quickly become public knowledge and may affect your child in ways that they did not initially anticipate.

Kids in the U.S.

- 94% of teens aged 12-17 use the Internet.
- 84% of online teens have a social networking profile.
- 46% have open access to their online profile information.
- 84% of teens have cell phones and are texting.

statistics from the National Center for
Missing and Exploited Children

We all know that teens spend much of their time using technology. Let's take a look at these numbers:

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Along with the ever increasing number of children accessing the Internet comes the growing number of children at risk to online dangers. So what kinds of risks are there in a cyber environment?

- Pedophiles and other child exploiters have direct one-to-one access to children online, especially through the use of "blogs" and chat rooms.
- Sexting among teens is on the rise, and has had negative consequences that some teens never expected.
- Pornography that is legally restricted to adults can easily be accessed by children online.
- Cyberbullying is becoming an increasing problem at home as well as at schools. 43% of teens admit to having been victims of cyberbullying.

Today, we are going to focus on cyberbullying.

Learning Objectives

After successfully completing this tutorial, you will be able to:

- Recognize what cyberbullying is.
- Identify technology commonly used by young people and how it relates to cyberbullying.
- Identify potential online risks for children.
- Identify ways to prevent cyberbullying.
- Find resources for helping with cyberbullying.

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- Identify ways to help prevent cyberbullying.
- Locate resources for helping with cyberbullying.

So, what is cyberbullying?

Cyberbullying is when an individual or group uses electronic technologies to facilitate deliberate and repeated harassment or threat to an individual or group.

58% of kids admit someone has said mean or hurtful things to them online. More than 4 out of 10 say it has happened more than once.

Currently, the most commonly-used methods for cyberbullying are email, text messages, social media, instant messages, and chat rooms. Email and text messages we all use daily, so we are already familiar with what those are. Let's discuss the others.

Social Networking/Media websites offer an online means of communication that are used by large groups of people to share information and develop social contacts. Often these are used to communicate information to many people at once. They also have the ability to use multiple types of media such as photos and videos as well as text. Users should be careful about what they share as profiles and postings can be exploited to gain personal information.

- Services: Facebook, Twitter, YouTube, Google+, MySpace

Instant Messaging (IM) is a form of Internet communication that combines the live nature of real time chat with the personal contact of email. Communication is usually "one to one" and are not open to the public. Many of the IM services also include the ability to use video, which complicates the scenario for obvious reasons.

- Applications: Yahoo Messenger, AOL Instant Messenger, Google Talk, Windows Live Messenger, Skype.

Chat rooms are online groups where users can have live, real-time conversations with many people at the same time. Everyone in the chat room can see what everyone else writes, but they can be anonymous. Chat rooms are

cruising grounds for predators. They are multi-platform online communities for designed for sharing updates with minimal security, maximum exposure and ease of use. Kids are particularly vulnerable in chat rooms.

• Websites: Google+ Hangouts, Skype

Digital cameras are a growing problem in the cyberbullying world. A recent survey found that 10% of 770 young people surveyed were made to feel "threatened, embarrassed or uncomfortable" by a photo taken of them using a cell-phone camera.

Correct	Choice
Social Networking	Facebook
Instant Message	Skype
Online Chat Room	Google Hangouts
Social Media	YouTube

Test your Internet knowledge by matching the website with the type of service it provides.
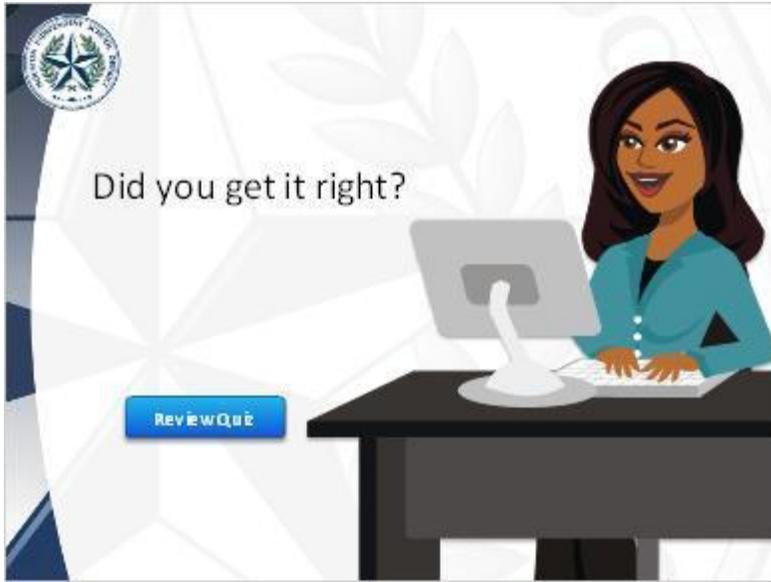
Click the Review Quiz button to see the correct answers.

Examples of Cyberbullying

- Online Scams; Identity Theft; Information Theft; Social Engineering; Data Theft.
- Verbal harassment during online activities / texting.
- Threatening e-mail messages
- Hostile instant messages
- Repeated notes sent to the cell phone
- A website set up to mock or otherwise harass others
- "Borrowing" someone's screen name & pretending to be them while posting a message.
- Forwarding supposedly private messages, pictures or videos to others
- Derogatory comments on social media sites.

Now, you know the common technologies involved, let's look at the risks included with their convince and attractiveness.

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These are all examples of cyberbullying. And there are no off-hours. It can happen 24/7, 365 days a year!

How can online activity be a risk?

The alerts displayed are of children that went missing after being lured by an ad posted to a social networking website. According to one 14-year-old girl, "There was one guy who kept telling me I was beautiful, sexy and hot, and that he wanted to meet me. Even though I kept saying no, he kept giving me his pager number and telling me to call him."

Adult strangers can establish direct one-to-one access to children through the use of chat-rooms, email, instant messaging, blogs, and even online games. "Distance" and children's natural trust can lead them to forget that these people are strangers…and many of them are very good at misrepresenting who they are.

A Real Case

- Megan Meier, 13 years old
- Created a profile on social networking site MySpace.com
- Became the target of an online hoax
- After being bullied online, Megan committed suicide

For more information visit the Megan Meier Foundation website at http://www.meganmeierfoundation.org/

Megan Meier was a 13 year old girl who created a profile on MySpace and was contacted by a 16-year-old boy, Josh Evans. Megan thought he was attractive and began to exchange messages with him. Megan and Josh became friends and flirted online, but never met in person or spoke. According to her family, Megan had her "spirits lifted" by her online friendship with Josh.

Then one day, the tone of the messages suddenly changed. Josh sent a message saying, "I don't know if I want to be friends with you anymore because I've heard that you are not very nice to your friends." Some of Megan's messages were shared with others and nasty messages were posted about her in return.

The last message sent by Josh read, "Everybody in O'Fallon knows how you are. You are a bad person and everybody hates you. Have a shitty rest of your life. The world would be a better place without you." Megan responded with a message reading, "You're the kind of boy a girl would kill herself over." Twenty one minutes later she was found in her bedroom closet; Megan had hung herself. Despite attempts to revive her, she was pronounced dead the following day.

After her death, it was discovered that Josh was not a real person. The personality was created by Lori Drew, the mother of one of Megan's former friends. Many believe that Drew created the account to cyberbully Megan in revenge for falling out with her daughter.

Online Safety for Children

- The 4 R's for kids
- Recognize
- Refuse
- Respond
- Report

There are 4 R's to educate children to protect themselves online:

- **Recognize** techniques used by online predators to deceive their victims.
- **Refuse** requests for personal information. Only share information with those you know.
- **Respond** assertively if you are ever in an uncomfortable situation while online. Exit the program, log off or even turn off the computer.
- **Report** any suspicious or dangerous contact that makes you uncomfortable to a parent or other trusted adult.

Which of the following scenarios are examples of cyberbullying?

- ☑ Johnny posts a picture of Jane in an embarrassing pose on his website.
- ☑ Sally constantly sends mean texts to Catherine's cell phone.
- ☑ Tom sends an email message to Kerry threatening to "take care of him" after class.
- ☑ Natasha starts a false rumor about Juan in a chat room that gets spread to others in the class.

Correct	Choice
X	Johnny posts a picture of Jane in an embarrassing pose on his website.
X	Sally constantly sends mean texts to Catherine's cell phone.
X	Tom sends an email message to Kerry threatening to "take care of him" after class.
X	Natasha starts a false rumor about Juan in a chat room that gets spread to others in the class.

All of these are examples of cyberbullying.
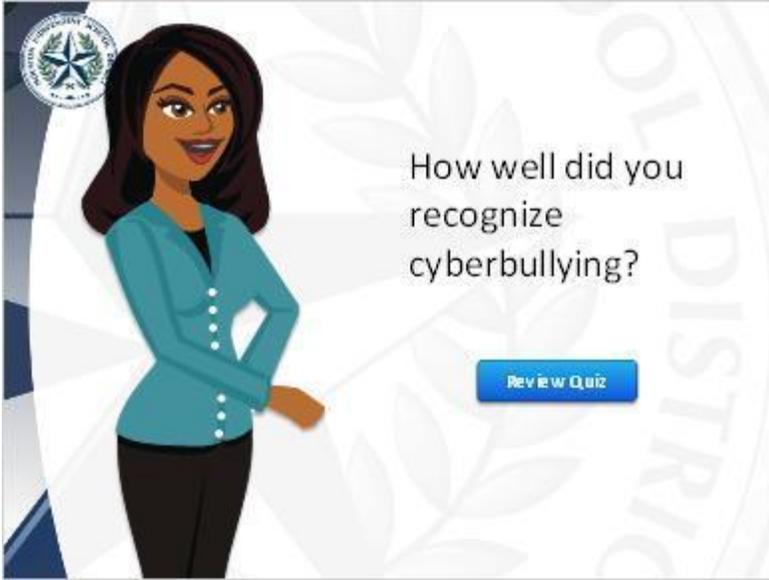
If you would like to review the quiz, click the Review Quiz button.

We are living in a time when technology is everywhere, and we can't cut our children off from it all completely. We want our children to stay current, but we want them to be safe as well. Here are some online safety tips:

- Set limits and expectations. Limit time spent online, monitor contact lists, and set consequences and rewards for proper behavior

- Set up a "POS" system - Parent Over Shoulder! Know the sites your kids visit and their online activities.

- Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.

- Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.

- Review social media sites for profile information.

- Install parental control filtering software or monitoring programs.

- Set up parental locks / override capabilities.

- Install web content filtering software.

There are software programs you can install in your home to filter web categories, set time limits, report visited sites, and block specific sites and keywords.

K9 Web Protection is an example of a web content filter that parents can use to control online activities.

Here are some other resources for online safety.

- **www.ikeepsafe.com** - Provides multiple resources for parents, educators and kids regarding safe use of technology for social interactions
- **www.staysafeonline.org** - Sponsored by the National Cyber Security alliance, this site has multiple tools and resources for parents
- **www.onguardonline.gov** - Videos and resources for parents and kids.
- **www.GetNetWise.org** - A project of the Internet Education Foundation, the GetNetWise coalition provides Internet users the resources to make informed decisions about their and their family's use of the Internet.
- **www.CyberBully411.org** - Cyberbully411 is an effort to provide resources for youth who have questions about or have been targeted by online harassment.
- **www.netfamilynews.org** - A nonprofit news service for parents, educators, and policymakers who want to keep up on the latest technology news and commentary about online youth in the form of a daily blog or weekly email newsletter
- **www.NetSmartz.org** - The NetSmartz Workshop is an interactive, educational safety resource from the National Center for Missing & Exploited Children.
- **www.WiredSafety.org** - WiredSafety provides help, information, and education to Internet and mobile device users of all ages

Sometimes, children find it hard to let adults know when cyberbullying is happening. You should be aware if your child starts having abnormal behaviors such as:

- Changes in eating habits
- Frequent headaches, feeling sick or faking sickness;
- Difficulty sleeping / Nightmares;
- Avoidance of social situations;
- Suddenly stops using the computer / mobile device;
- Seems upset when a message and/or email arrives;
- Self destructive behavior;
- Gives excuses to skip school or social activities

These might be signs that your child is suffering due to cyberbullying.

If the cyberbullying has already happened:

- Keep all evidence of the activities. This includes things such as email messages, pictures, instant messages and voicemails. Try taking screenshots of posts on social network sites because they can be deleted by the poster. Include the dates and times of occurrences to support your report. Be as detailed as you can.
- If classmates are involved, work with the school to enlist the help of school administrators and all the families involved to remedy the situation.
- Contact police if there are threats of violence, extortion, hate crimes, or sexual exploitation.
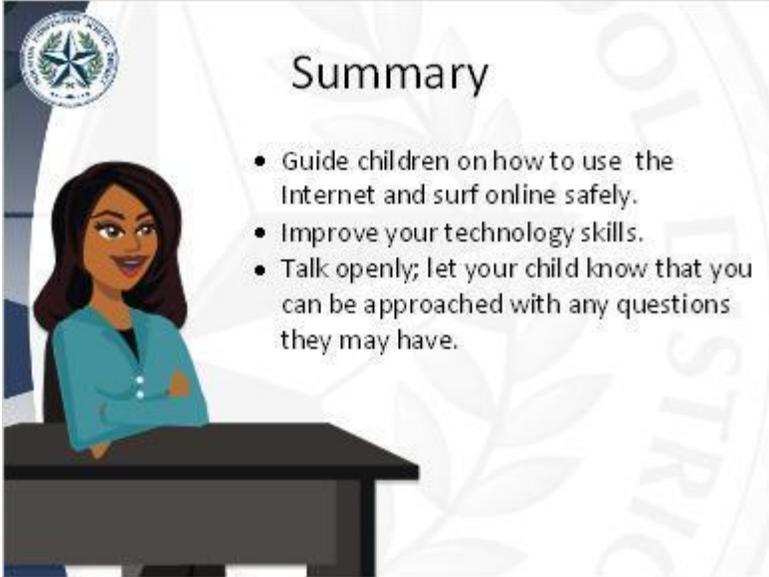
Summary

- Guide children on how to use the Internet and surf online safely.
- Improve your technology skills.
- Talk openly; let your child know that you can be approached with any questions they may have.

Just like we don't teach children to drive by giving them the keys to the car, we shouldn't let them sit down at the computer and surf away without training and supervision. Kids may seem to know more about the Internet than we do, but they still need guidance. There is a difference between being cyber savvy and knowing how to use technology safely. Talk openly; let your child know that you can be approached with any questions they may have.

Notes:

We hope that this short tutorial has provided you with basic knowledge about cyberbullying.

Use the following quiz to find out if you are ready to protect the children in your life!
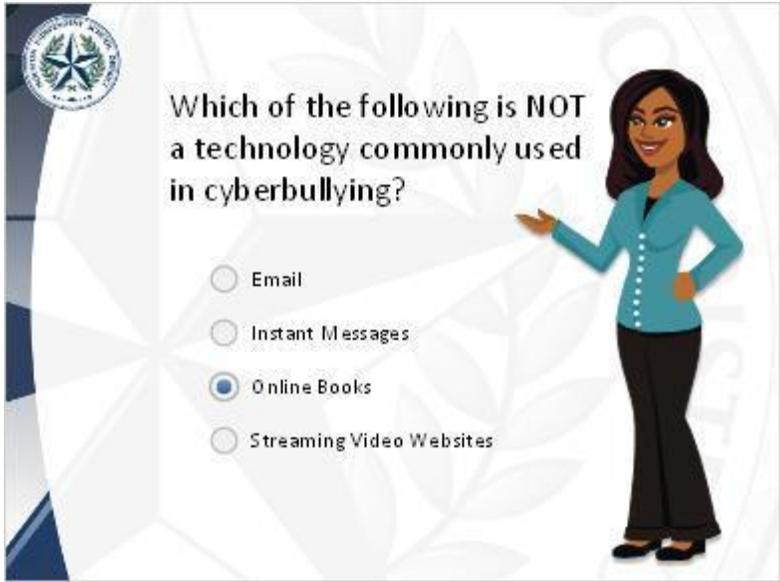
Correct	Choice
	Email
	Instant Messages
X	Online Books
	Streaming Video Websites

That's right! Email, instant messages, and streaming video are all examples of technologies used in cyberbullying. Online books are not used in cyberbullying.

Correct	Choice
	Research
X	Report
	Reuse
	Relearn

Reporting is a very important part of stopping online predators. Without it, you'd never know about it!

Correct	Choice
X	Facebook
	Amazon
	ESPN
X	YouTube

Facebook and YouTube are social networking sites, as are Twitter and MySpace.

One of the best ways to help prevent cyberbullying is to educate your child on how to safely use the Internet.

○ True
○ False

Correct	Choice
X	True
	False

Educating your child is an important part of the prevention of cyberbullying!

Results for
1.23 Which of the following is NOT a technology commonly used in cyberbullying?
1.24 Refuse, Recognize and Respond are three of the 4 R's children should use if they believe an online predator is attempting to establish communication with them. What's the fourth?
1.25 Which two are considered Social Networking Sites?
1.26 One of the best ways to help prevent cyberbullying is to educate your child on how to safely use the Internet.

If you have any questions, please contact IT@houstonisd.org. We'd be happy to help you!