

## *What is Bullying?*

**Bullying is exposing a person to abusive actions repeatedly over time. Bullying takes many forms:**

- **physical**
  - ✓ hitting, kicking, pushing
- **verbal**
  - ✓ taunting, malicious teasing
  - ✓ name calling, threatening
- **emotional**
  - ✓ rumors, social manipulation
  - ✓ extortion, intimidation
- **harassment**
- **sexual harassment**
- **hate violence**

## *What is Cyber Bullying?*

**Bullying committed through transmission over electronic media.**

## *Bullying Behaviors*

**Bullying behaviors are:**

- **repeated**
- **intentional**
- **involve an imbalance of power**

## *What to do if being bullied?*

- **Report bullying incidents to an adult and ask for help.**
- **Avoid the usual times and places where student comes in contact with the bully.**
- **Choose safe places to be at school, stay with someone, and avoid being alone in a secluded area at school.**
- **Stay calm: do not allow the bully to anger, embarrass, upset, or scare you.**
- **Distract the bully by changing the subject.**
- **Ignore the bully's remarks.**
- **Walk away from the bully.**

## *Consequences*

**Bullied students experience negative emotions:**

- **fear**
- **anger**
- **frustration**
- **anxiety**
- **mood swings**
- **withdrawal from friends and family**
- **loss of interest in school**

**Bullies:**

- **will continue to bully**
- **may engage in other types of antisocial behavior**
- **may be perceived as mean and untrustworthy**
- **may be suspended or expelled**

**ENOUGH IS ENOUGH**

**STOP THE  
BULLYING**

*What is bullying?*

*What to do if a student is being bullied?*

*What are the consequences of bullying?*

*What can parents do about school bullying?*

*How can parents promote safe use of the Internet?*



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## *What can parents of young children do?*

Parents can model appropriate behavior by:

- speaking and acting in a respectful way
- solving problems fairly and peacefully
- building their children's self confidence and independence
- reassuring their children
- monitoring the use of their children's Internet

## *What can parents of teenagers do?*

Parents should remain active and involved in their teenager's lives. They must remain proactive and reinforce respectful behavior. Parents must:

- continue to anchor the values that guide their children's actions and decisions
- remain vigilant and understand school policies
- keep communication flowing between them and their children's teachers and staff
- report bullying problems at school to school staff and ask for help
- monitor the use of their children's Internet

## *How can parents promote safe use of the Internet?*

- Keep your child's computer in an open area of the house.
- Install filtering software on the computer or use child-friendly search engines.
- Instruct your child to never give out personal information online to someone they do not know.
- Instruct your child to never meet in person with someone they first meet online.
- Make sure your children know they should not respond to offensive or dangerous emails. Encourage your child to follow three simple steps:
  1. Stop the correspondence immediately.
  2. Block the user from sending additional emails.
  3. Tell a parent or trusted adult about the situation.
- Visit the web sites your child visits.
- Google your child's name once in a while.
- Set clear guidelines of computer and cell phone usage; establish consequences for violations; monitor and check Internet and cell phone usage.

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## *Resources that address cyberspace activity*

Common Sense Media-[www.CommonSenseMedia.org](http://www.CommonSenseMedia.org)

- Reviews and ratings on movies, games, websites, TV, books and music
- Information about the impact of media on children's physical, mental and social development
- Tips for parents on how to manage their children's media

Carnegie Mellon University-  
[www.MySecureCyberspace.com](http://www.MySecureCyberspace.com)

- Cell phone guide for families with children
- Focus on cyber bullying
- Encyclopedia of risks and threats
- Software recommendations for parental control and email tracking

