Bullying & Cyberbullying

- Bullying is different from conflict. Bullying includes a (1) power imbalance, (2) repeated incidents, and results in the (3) victim being sad or afraid.
- Cyberbullying is defined as any form of bullying through electronic means: emails, blogs, social networking sites like Facebook or Twitter, photos, videos, online gaming and text messaging.

WARNING SIGNS OF BULLYING / CYBERBULLYING

- Frequent school absences or change in academic performance.
- Stomach aches or headaches.
- Change in eating or sleeping habits.
- Change in group of friends.
- Unexplained loss of personal items.
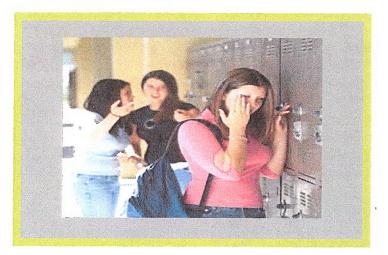- Behavior or attitude changes.

Internet Safety / Tips

- Nothing online is private! Do not share personal information like home address, phone number, school information, etc.
- Create strong passwords and do not share with other students / friends

Microsoft offers various online help with parental controls for the internet, online gaming and general computer settings:
www.microsoft.com/security/family-safety

Learn more about internet safety and how to help your kids at:
www.internetsafety101.org
www.netsmartz.org/internetsafety
www.wiredsafety.com

Gaming Systems

Here you can set parental controls to help protect your kids when playing games both off and on-line:

Sony Playstation3
www.manuals.playstation.net
Nintendo Wii
www.nintendo.com/consumer/systems/wii
Xbox 360 & Xbox LIVE
www.support.xbox.com/en-US/billing-and-subscriptions/parental-controls

Websites & Online Resources

Websites with useful bullying and cyberbullying information including internet safety tips, information for teens and parents, pamphlets, toolkits, fact sheets, and much, much more!

www.stopbullying.gov
www.marccenter.edu
www.eyesonbullying.org
www.nctsn.org
www.commonsensemedia.org
www.ncpc.org/topics/cyberbullying
www.cyberbullying.us
www.stopcyberbullying.org
www.stopbullyingnow.com