Bullying is an action that is done on purpose; One person has more power or strength over another; It is usually done more than once; and The action is not wanted by the child being bullied.

What is Cyber Bullying?

The use of communication tools:
- E-mail,
- cell phones,
- pager text messages,
- instant messaging,
- or web sites
to purposelly harm a person with repeated and aggressive behaviour by a person or a group.

What can be done about Cyber bullying?

If you or your child is being cyber bullied here are some things you could do:
- do not reply to the message
- do not erase or delete messages, that is your evidence
- inform your internet, instant messaging or cell phone provider
- contact the police, there are Canadian laws that protect against harassment and discrimination

How can Cyber Bullying be Prevented?

Parents should discuss with their children:
- Do not believe everything that is said online
- Do not send messages to others when you are angry
- Do not open messages from someone you don't know
- Trust your instincts, if something makes you uncomfortable turn off the computer and tell an adult
- Use the computer in a supervised area (not the bedroom)
- Do not share personal information or post your picture on the internet
- Limit the amount of time online
- Tell an adult about the information you are looking at and the people you are talking to

Information has been adapted and permission has been granted from Bill Belsey www.cyberbullying.ca