

# Cyber Bullying

- 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

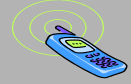
to purposely harm a person with repeated and aggressive behaviour by a person or a group.

## How is Cyber bullying different?



- Cyber bullying is hidden from adults even more than other types of bullying
- Children being bullied may fear telling an adult because they may lose their internet or cell phone privileges
- The child being bullied may not know who the cyber bully is

## 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