

Cyber Safety

Teens need to protect themselves in cyber world
Websites, Cell Phones, E-mails.

What is Cyber bullying?

Cyber bullying is the use of technology to harass, threaten, embarrass, or target another person. That can include: online threats, rude texts, or emails count.

Sometimes, cyber bullying can be considered *harassment*. Which can be anything from intimidating someone or making mean comments focusing on a person's gender, religion, sexual orientation, race, or physical differences.

The online bullying can hurt someone a lot with the fact of not knowing who is doing the bullying. The victim may not know what is being said about them or where the meanness is coming from. It is easier to bully someone on the internet, because the bully doesn't



have to confront the victim in person.

If a person is asked to take down a certain post or web page and doesn't, that is considered cyber bullying as well. Basically, anything that stays online for a while and is deliberately intended to hurt someone.

Cyber Safety Tips

Never give out personal details: name, address, phone number, school or photographs

Tell a parent or teacher if you see any bad language or pictures on the internet, or if anyone writes you something you don't like

Do not reply to messages or bulletin board items that are aggressive, obscene, suggestive or distressing.

Do not use bad language online, or take parts in arguments or fights online.

Do not accept offers of money or presents, even free offers.

Never order anything online or give out credit card details.

Never enter chat rooms and websites that my parents said are off limits.

Never arrange face-to-face meetings with anyone I have met on the internet.

What to do if YOU are being cyber bullied?

TELL SOMEONE:

There is no reason to suffer in silence if you are being bullied.

Upsetting IMs, emails, texts, etc. should be told to an adult you trust. Being cyber bullied can make you feel embarrassed or reluctant to report a bully. But even though, you must report it because bullying can escalate and it should be stopped as soon as possible.

WALK AWAY:

Walking away from a bully in real life works just as well in the cyber world. If you ignore the bully, you are taking away their power.

DONT RETALIATE:

If you respond when you are upset, that can just make things worse. Taking a break brings the power to you and not the bully.

KEEP EVIDENCE OF BULLYING: Keeping the evidence will help your case.

REPORT TO SERVICE PROVIDER:

If you report to the service provider about the bullying the site administrator may block the bully from the site in the future. Service providers do not like people abusing their products like that and will help you.

BLOCK THE BULLY:

Most devices have ways of blocking individuals. If you don't know how, ask a friend or adult.

BE SAFE ONLINE:

Password protect all accounts and cell phones. Do not share your passwords with other people, and change your passwords frequently.

www.kidshealth.org

www.youngwomenshealth.org

www.cyber-safety.com