

# Cyber Bullying Awareness Tip Sheet

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**Cyber bullying is verbal harassment that occurs during online activities. It can take many forms, including:**

- a threatening e-mail
- a nasty instant-messaging session
- repeated notes sent to the cell phone
- a Web site set up to mock others
- “borrowing” someone’s computer and pretending to be them while posting a message
- forwarding supposedly private messages, pictures, or video to others

**i-SAFE Inc. has created this list of Internet safety tips (please copy and distribute) to help your family recognize online danger and take appropriate steps to protect yourselves.**

**• Don’t open/read messages from cyber bullies.**

Your child can’t be intimidated by messages from cyber bullies they never open. Teach your child to curb his or her curiosity to read and respond to a message if he or she suspects or knows it’s from a cyber bully.

**• Block messages from the bully.**

Utilize the blocking features in e-mail programs, chats, and instant messengers to block communications from a bully.

**• Encourage your child to tell an adult.**

For some children, their reaction to being bullied is not only fright but confusion about how to react appropriately. Coach your child to tell a trusted adult if he or she is being bullied.

**• Report cyber bullying.**

Internet service providers (ISPs) can often block a cyber bully, and schools have specific procedures and rules to handle bullying. Save the bully’s message and screen name, then contact these sources and report it.

**• Don’t chat while angry.**

Sending angry, hostile, or taunting messages attracts cyber bullies. Make certain your child is not using e-mail messages or chat rooms to vent his or her anger in a way that hurts others.

**• Save the evidence.**

Save e-mails or instant messages, or print out the communications; they may be needed to take action.

**• If you are threatened with harm, report it!**

Even if you don’t know how to identify the individual who has made the threat, law enforcement often has access to the information and may be able to track down and arrest bullies before they do more harm. If it is school-related, tell the school. All schools have bullying solutions.

**• Be part of your child’s online experience.**

It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today, they may even teach you a thing or two!

**• Get involved with i-SAFE Inc.**

These are only some of the measures you can take to ensure your child has a safe and enjoyable Internet experience.

## Remember the 4 Rs.

**RECOGNIZE** “flaming” and cyber-bullying techniques, and the bully’s screen name or address.

**REFUSE** to open or read any message from a cyber bully.

**RESPOND** assertively by leaving the chat room without responding or with the letter unopened.

**REPORT** cyber bullying to the ISP, the school, or law enforcement to stop it immediately.