12 RULES TO CYBERBULLYING

NetSmartz.org

Rule #1: Never post anything online that you don't want the whole world to see and have access

Rule #2: Assume that the message you send can be read by anyone and everyone.

Rule #3: If you're ever bullied online, talk to an adult. Speak up against bullying when you see it.

Rule #4: Keep your webpage private and don't share your password.

Rule #5: Don't give out your ASL (*age, sex, location*) or any other personal

Rule #7: Print out any threats you receive or see online and show them to an adult.

Rule #8: Always solve problems face-to face with the person your having problems with.

Rule #9: If someone says something to make you uncomfortable, sign off. Block them. File a complaint with the site.

Rule #10: Never meet anyone in the real world that you first met online without having a safety plan approved by your parents.

Rule #11: Avoid chat rooms and never go private with someone you met in a chat room.

Rule #12: Keep your webcam unplugged when you're not using it. Never use a webcam with someone you don't know.

DO YOU KNOW WHO'S WATCHING YOU?
YOUR LACK OF PRIVACY ON THE INTERNET...

CYBERBULLYING | **facebook** | **UNPLUGGED**

Status   Photo   Ask Question   Milestone

Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging and social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. It is everyone's job to prevent bullying and encourage them to take a stand.

🔒 Public ▾   Post

BEFORE YOU PRESS SEND THINK

We see EVERYTHING

This will disappear in 7 seconds!
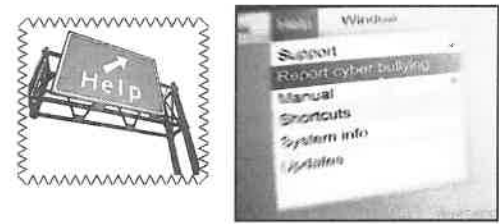
SnapChat

Oh no it WON'T!!!

SnapHack

Spot it!

A child who is being cyberbullied may:

- Avoid using the internet
- Seem stressed
- Withdraw from family and friends
- Resist attending school and social events
- Show signs of low self-esteem like depression, anxiety or fear
- Have declining grades
- Stop eating or sleeping
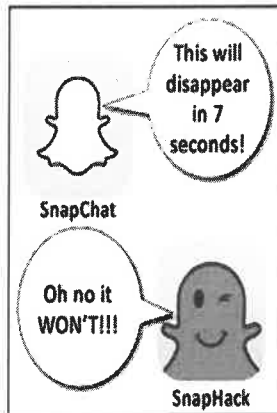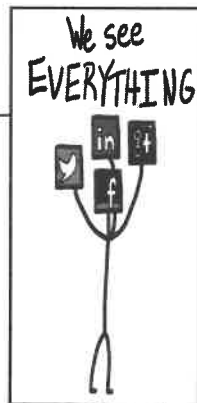- In serious cases, consider suicide

---

Deal with it!

If your child is being cyberbullied, teach them to:

- Not respond
- Save the evidence
- Report it to the website or app

YOU should:

- Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- Talk about the situation with the bully's parent or guardian

---

Stand up to it!

If your child sees someone being cyberbullied, tell them to:

- Not forward embarrassing photos or messages
- Not comment on insulting or harassing posts
- Report it to the website or app
- Tell a teacher at school if it involves a classmate
- Support the target by being a good friend and showing the cyberbullies they won't join in

Day 3_4th

ONLINE SAFETY

STATISTICS

* **70%** of teens report receiving messages from people they don't know

* **30%** of teens say they have considered meeting someone they only know through online contact in the real world
  * **14%** actually have met someone

Online predators are people who pose as someone else to try to get information about you so they might meet you offline and cause you harm.

Who could be an online predator?

- Someone who becomes too nice, understanding and mushy, too soon.

- Someone who isolates their targets from friends and family.

- Someone whose conversations exhibit physical intimacy.

- Someone who presses for private chat rooms or meeting in person.

Personal information that can lead a predator to your doorstep...

Name	Age	School Name
Schedule	Birth date	Phone Number
	Parent's Name	

Photos and videos should never be posted online if they show:

▫ Backgrounds that reveal identifying information
  ▫ Inappropriate poses
    ▫ Too much skin

You decide...

1. When someone makes you feel uncomfortable online you should...
   a. Ignore their messages and report them
   b. Do not agree to meet them in person
   c. Tell a trusted adult
   (d.) All of the above

2. Does the time you spend on the computer equal trust?
   a. Yes
   (b.) No

3. What are the risks of meeting someone offline?

4. What if a friend confides in you that they are going to meet someone they don't know face to face in person. What could you do to help them?
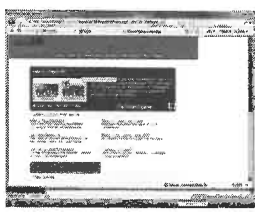
Talk over how to handle the situation with a trusted:
•Parent
•Teacher
•Counselor
•Friend

Be suspicious – any person worth having as a friend wouldn't put you at risk

SARC
Support, Advocacy & Resource Center

(1458 Fowler St.
Richland, WA 99301
509) 374-5391

911

Cybertipline.com