

MORE SAFETY TIPS FOR INTERNET USERS

1. NEVER let anyone, except the adult in your life, know your password.
2. Change your passwords often.
3. Never agree to meet someone face-to-face whom you only know online.
4. Only friend people you know
5. If you are being harassed by text message, your service provider can probably tell who is sending the messages.
6. **Think before you post** or forward something. Decide whether the words you post online are hurtful **BEFORE** you post.
7. Be careful what personal information you post.

Many communities and some states are passing laws against cyberbullying.

Check www.haltabuse.org for more information on what to do about online and other types of harassment

Support
Headquarters Counseling Center
and help keep these valuable
services available to Douglas
County and to all Kansans

- Make a donation
- Become a volunteer
- Join our Board of Directors
- Help with one of our Life Support events

Visit our web site or call
841-2345 to find out
how you can help

Headquarters' Yearly Events

Life Support Rally
bike ride and walk, last Saturday in April

Life Support Replay
food and music, June

LAGA Big Event
golf tournament, May

Life Support Ride
motorcycle poker run, September

Check our website for details

Always remember Rule #1:
don't respond, don't interact
and don't engage.

“Parents need to become more aware that cyberbullying is happening and how often it happens. They also need to know what to do if they discover that their child is being cyberbullied.”



Kids can call
“Phone A Friend at
Headquarters” any
time, for any reason
and talk to a
safe adult.

Call 865-2600,
or 888-211-5333 from Baldwin.

For more information or a presentation on
“Cyberbullying” contact
Brian C. S. Runk, LBSW
Director of Children’s Programs
hqdcpc@lawrence.ks.us

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CYBERBULLYING



Headquarters Counseling Center
785-841-2345
888-899-2345 from Baldwin City
www.hqcc.lawrence.ks.us

What is Cyberbullying?

Cyberbullying is the use of electronic means such as email, cell phone and text messages, blogs, gaming systems, instant messaging, and web sites, to intimidate, embarrass, harass, and humiliate another person.

How is it Different?

Traditional bullying involves actions such as hitting or punching, teasing or name calling, or social exclusion. In recent years, technology has given people a new means of bullying each other.

1. Cyberbullying can occur any time of the day or night.
2. Messages and images can be distributed quickly to a very wide audience.
3. Children and youth can be anonymous when cyberbullying, which makes it difficult to trace them.

How common is Cyberbullying ?

- 50% of teens have been victims.
- Cyberbullying can begin as early as the 2nd grade.
- Girls are more likely than boys to be victims of cyberbullying.
- Cyberbullying usually peaks in middle school but is known to occur even among adults.
- 53% of teens admit sending a hurtful message.
- Only 10% of bullying victims tell their parents.
- Most victims know the person bullying them.
- 35% of kids have been threatened online.
- Social Networking sites like Facebook & MySpace are becoming top sources of cyberbullying incidents.
- Cyberbullying increased 50% from 2000 to 2005.

If you wouldn't say it to someone's face, don't text it, IM it or post it.

Cyberbullies often:

- pretend to be other people to trick others
- spread rumors and lies about their victims
- create or forward mean messages or hurtful images
- don't think it's a big deal
- didn't think about the consequences
- are encouraged by friends
- think everyone cyberbullies
- think they won't get caught

Victims should:

- block communication with the bully or bullies if possible
- don't read the messages, save them in a separate file, this is evidence
- talk to friends about cyberbullying, you're not alone
- report cyberbullying to a trusted adult

Prevent Cyberbullying

- Don't forward cyberbullying messages
- Tell friends to stop cyberbullying
- Raise awareness in your community and work to develop rules against cyber-bullying
- always report cyberbullying to a trusted adult.

Other things to do if you're being Cyberbullied.

1. The most important thing to do is tell a trusted adult.
2. If bullying **of any kind** happens at school, let the school know about it immediately.
3. You should always notify a website's host if their site is being used to bully others. For instance, Facebook, MySpace, Xanga, and other social networking and blogging sites will remove bully sites.
4. If you are threatened with harm, notify the police. If you are unsure whether a certain activity violates the law, the police will be able to advise you.
5. Disable comments on your blog or web site.

Google yourself to find out what information is on the internet about you...