Cyberbullying Prevention

What is Cyberbullying?

Cyberbullying is bullying that occurs through the use of information and communication technologies.

- Cyberbullying involves harassing, humiliating, intimidating, and/or threatening others using technology including the internet, smartphones, gaming systems and other wireless communication devices.
- It can occur 24/7.
- Messages and content can quickly reach a large audience over the internet.
- Even if the initial message or photo has been removed, the communication may continue to be shared.

All bullying, including **cyberbullying**, includes the following:

- It is an aggressive behaviour.
- There is an intent, or reasonable assumption to cause harm (to the individual, his or her reputation or property).
- It is typically repeated.
- There is a real and perceived power imbalance.
- There may be a negative impact on the learning environment of the school.

For more information on cyberbullying, check out the parent resources on these sites:

Prevnet: Promoting Relationships and Eliminating Violence
www.prevnet.ca

DDSB Parent Resources Safe Schools website
http://ddsb:durham.edu.on.ca

Kids Help Phone **1-800-668-6868**
www.kidshelpphone.ca

www.ERASEbullying.ca

Tips for Parents

1 Talk openly with your child about the safe use of, and potential problems with, online technology use.

2 Model appropriate computer and technology use. Everyone should follow the same rules.

3 Establish the expectations regarding where your children are to use computers/digital devices in your home.

4 Store digital devices away from your children at bedtime and set limits on times for socializing.

5 Discuss what information should and should not be shared with others online.

6 Teach children to carefully select and protect passwords. Know your children's passwords or have a strategy to access their passwords in an emergency.

7 Check who your child accepts as an online "friend" or "follower." They should all be people you or your child already knows personally.

8 Remind your child never to respond to a digital message when upset, angry or in haste. If it cannot be said face-to-face, it should not be said electronically.

9 Encourage open, honest dialogue about internet usage. Praise them when they identify online items of concern.

10 Establish clear steps if you or your child encounters a problem – STOP, BLOCK, SAVE, and TALK. Stop the communication immediately. Block the user from contacting you again. Save the concerning material and tell a trusted adult.