

Monday

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

The methods used are limited only by the child's imagination and access to technology. And the cyberbully one moment may become the victim the next. The kids often change roles, going from victim to bully and back again.

Children have killed each other and committed suicide after having been involved in a cyberbullying incident.

Cyberbullying is usually not a one time communication, unless it involves a death threat or a credible threat of serious bodily harm. Kids usually know it when they see it, while parents may be more worried about the lewd language used by the kids than the hurtful effect of rude and embarrassing posts.

Remember to Stop, Block, and Tell an Adult

Tuesday

Types of cyberbullying

Direct Attacks:

1. Instant Messaging/Text Messaging Harassment [[Learn More...](#)]
2. Stealing Passwords [[Learn More...](#)]
3. Blogs [[Learn More...](#)]
4. Web Sites [[Learn More...](#)]
5. Sending Pictures through E-mail and Cell Phones [[Learn More...](#)]
6. Internet Polling [[Learn More...](#)]
7. Interactive Gaming [[Learn More...](#)]
8. Sending Malicious Code [[Learn More...](#)]
9. Sending Porn and Other Junk E-Mail and IMs [[Learn More...](#)]
10. Impersonation

Cyberbullying by Proxy

Getting others to do the bullying for you. This could include:

- Making the victim look like they are doing something wrong on the computer to an Internet Service Provider or Parents.
- Gain access to a victim's e-mail or social network account and send hateful messages to people on a contacts list.

- Posing as the victim and send hateful messages to the victim's friends to turn them against them.
- Claim the victim did something to the attacker and the attacker get friends to also attack the victim.

Remember to Stop, Block, and Tell an Adult

Wednesday

Take 5

Put down the mouse and step away from the computer...and no one will get hurt! The casual nature of the way we use technology leads to abuse and mistakes. The typed word doesn't clarify tone. It doesn't convey the kind of information we obtain when we hear the person's voice or watch their body-language or eye-contact unless we use emoticons or an acronym like "jk", which is the short form for "just kidding". We make judgments based on how the words appear to us. And those judgments are often wrong. They are often taken out of context and misunderstood.

That results in hurt feelings, anger, frustration and feeling threatened. And when people, especially kids, act out of anger, frustration or fear things get out-of-hand quickly. Like drinking and driving, emotions and the Internet should never be mixed. Emotions create a situation where we click before thinking. We don't think about how the person on the other end may misunderstand our message or our intentions. We don't think at all.

The best way to counter this problem is by teaching our children (and ourselves) to Take 5! - put down the mouse and step away from the computer. By not reacting and taking the time to calm down, we can avoid becoming a cyberbullying ourselves. What can we do for 5 minutes to help us calm down? Kids have suggested: throwing a baseball or shooting hoops, baking cookies, reading, napping, taking a walk or a run, watching TV, talking to a friend and hugging a stuffed animal.

What would you do to Take 5!? Think about it. Now. It may be too late later.

Remember to Stop, Block, and Tell an Adult

Thursday

A Checklist for Cyber communications:

Before sending that e-mail or posting on that Web site or bulletin board, think before you click "send." Re-read what you were going to send. If it meets any of

these factors, don't send it until you fix them. And if you can't fix them, maybe you shouldn't send it at all.

It's so easy for anyone to misunderstand e-mails and cybercommunications. We have to be very very careful to make them clear and help others to understand what we really mean. We also need to be careful not to hurt others and be good netizens.

- **Start by making sure you are sending things to the right place, that it arrives and that the right person gets it.**
- **Is it worth sending? Don't waste peoples' time or bandwidth with junk, chain e-mails and false rumors**
- **Proofread and spell-check your e-mails and make sure they know who you are**
- **Don't attack others online, say anything that could be considered insulting or that is controversial**
- **Don't forward other people's e-mails without their permission or share their personal information**
- **Are you angry when you are writing this message?**
- **Don't reply to spam, even to ask to be removed from their mailing list**
- **How private is the message you are sending? Are you willing to have others read this message or forward it to others without your permission?**

Remember to Stop, Block, and Tell an Adult

Friday

Megan Meier was a typical 13 year old girl who liked swimming, boating, fishing, dogs, rap music, and boys. She had just started the 8th Grade and was playing on her school's volleyball team. Megan also battled problems with her self-esteem, weight and depression throughout her life.

Soon after she had a falling out with a girl in her neighborhood she met "Josh" on MySpace whom she thought was hot and wanted to add as a friend. Soon Josh and Megan struck up a long distance romance constantly exchanging messages on MySpace. One day Josh sent a message to Megan saying he should not be her friend because he heard she was not nice to her friends.

In mid October of 2006, Megan was looking forward to celebrating her 14th birthday. However, Megan started getting strange messages that were very hurtful to her. Megan's mother tried to get her to stop using MySpace but Megan refused. She was confused as why people, especially Josh, had turned against her. As time went on, Megan got more upset. On October 16th, feeling confused, hurt, angry, alone, and that no one cared, Megan hung herself and died the next

day. Megan's father later found a message on the computer from Josh that said "You are a bad person and everybody hates you...The world would be a better place without you."

Eventually the world learned that Megan's MySpace boyfriend Josh was actually the mother of the neighbor who Megan stopped being friends with.

If you are a victim of cyberbullying please let your parents, teachers, guidance counselors, or administrators know, especially if it upsets you. Also stop using the computer but save any messages to show adults what is going on. Remember, nobody deserves or should be treated the way Megan was before she died. This week we honor Megan by following the Megan Pledge to not engage in cyberbullying.

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