Norfolk Advocates for Children

BULLYING & CYBER-BULLYING

PARENT RESOURCE SHEET

BULLYING & CYBER-BULLYING

- Bullying is different from conflict. Bullying includes a (1) power imbalance, (2) repeated incidents, and results in the (3) victim being sad or afraid.

- Cyberbullying is defined as any form of bullying through electronic means: emails, blogs, social networking sites like Facebook or Twitter, photos, videos, online gaming and text messaging.

WARNING SIGNS YOUR CHILD IS A VICTIM

- Frequent school absences or change in academic performance.
- Stomach aches or headaches, faking illnesses
- Change in eating or sleeping habits.
- Change in group of friends, avoidance of social situations.
- Self-destructive behaviors or running away.

WARNING SIGNS YOUR CHILD IS A BULLY

- Gets into physical or verbal fights. | • Have friends who bully others. | • Have unexplained money or new belongings.

INTERNET SAFETY TIPS

- Nothing online is private! Do not share personal information like home address, phone number, school information, etc.
- Create strong passwords and do not share with other students / friends.
- Microsoft offers various online help with parental controls for the internet, online gaming and general computer settings: www.microsoft.com/security/family-safety
- Google also has "safe search" modes for basic internet searching as well as YouTube, see Google for more information and how to change your internet settings!

GAMING SYSTEMS

Here you can set parental controls to help protect your kids when playing games both off and on-line:

Sony Playstation3 | http://manuals.playstation.net/document/en/ps3/current/

Nintendo Wii | http://www.nintendo.com/consumer/systems/dsi/en_na/settingsParentalControls.jsp

Xbox 360 & Xbox LIVE | http://support.xbox.com/en-US/billing-and-subscriptions/parental-controls/xbox-live-parental-control

For more gaming info check-out www.familyfriendlyvideogames.com

WEBSITES & ONLINE RESOURCES

Websites with useful bullying and cyberbullying information including internet safety tips, information for teens and parents, pamphlets, toolkits, fact sheets, and much, much more!

www.connectsafely.com | www.stopbullying.gov | www.marccenter.org | www.eyesonbullying.org | www.nctsn.org
www.commonsensemedia.org | www.ncpc.org/topics/cyberbullying | www.cyberbullying.us
www.stopcyberbullying.org www.stopbullyingnow.com

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