

# Parent Resource Sheet

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## Bullying & Cyberbullying

- 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

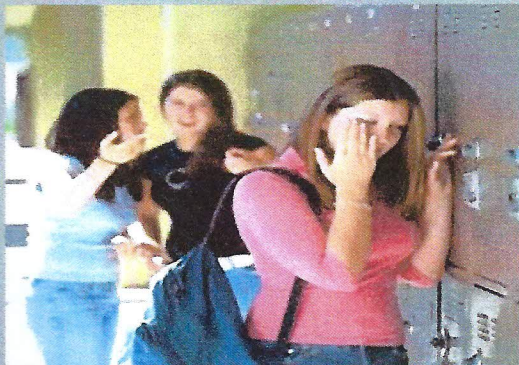
- Frequent school absences or change in academic performance.
- Stomach aches or headaches, faking illnesses
- Change in eating or sleeping habits.
- Change in group of friends, avoidance of social situations.
- Self-destructive behaviors or running away.

### 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](http://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](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](http://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](http://www.connectsafely.com)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.marccenter.org](http://www.marccenter.org)

[www.eyesonbullying.org](http://www.eyesonbullying.org)

[www.nctsn.org](http://www.nctsn.org)

[www.common sense media.org](http://www.common sense media.org)

[www.ncpc.org/topics/cyberbullying](http://www.ncpc.org/topics/cyberbullying)

[www.cyberbullying.us](http://www.cyberbullying.us)

[www.stopcyberbullying.org](http://www.stopcyberbullying.org)

[www.stopbullyingnow.com](http://www.stopbullyingnow.com)