



Cyber Bullying Prevention
Bullying has moved to cyber space

Who, What, Where,
Why and How of
Cyber Bullying

FREE Audio Presentation

42% of kids are Cyber Bullied

**Links to Free
Security Software**

CyberBullyingPrevention.com
Increasing Awareness by Informing and Educating
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Cyber Bullying: What It Looks Like and How To Prevent It

Did you know that 40% of school age kids have been cyberbullied?

Are you reading endless news stories about kids committing suicide or having low self-esteem because they have been cyber-bullied?

As an IT Consultant, I see the power of the Internet and cyberspace to help businesses and relationships grow. As a parent, I watch how the Internet can misinform and negatively impact our kids.

Through my awareness and desire to see our kids be safe in cyberspace, I have compiled crucial information to inform and educate parents about the consequences of and how to prevent Cyber Bullying.

Cyber Bullying

Who:

Cyber Bullying can be directed towards everyone - both our kids and adults.

What does it look like?

Cyber bullying involves recurring or repeated harm caused through communications via electronic text or media. The intent is to cause emotional distress communicated via e-mail, text messaging and in web and blog sites.

Where is it done?

On e-mails or text messages communicating hurtful statements like:

- I hate you.
- You're ugly.
- Kill yourself.

On websites by:

- Blog posting hurtful comments.
- Posting damaging content on websites such as MySpace, Facebook or other social networking websites.

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- Posting online polls - for example, by stating, “Which of these kids is the ugliest?”

In messages, such as:

- Chat rooms.
- Bulletin Boards.
- Instant messages (IM).

Why Does It Happen?

- Cyberspace makes communication quick and easy.
- It gives a person a chance to communicate free of being caught.
- People feel free to say hurtful comments via cyber space that they would not say to a person’s face.
- The impact of emotion and body language is lost.
- Because cyber space is so vast, it is hard to track down the people as they can hide themselves through the technology.

How To Prevent Cyber Bullying:

The primary prevention is communication and knowledge, There are technology prevention mechanisms such as software that can be loaded on the computer to restrict access to the Internet.

Social prevention:

- Communicate with your children so you are aware of what they are doing on the Internet. Educate and inform them about what is on the Internet – both the good and the bad.
- Put the computer in public place, such as the family room where you can monitor what your children are doing.
- Receive education about how to prevent Cyber Bullying. Most parents are not as tech-savvy as their kids, so learn what to look out for and how to use the technology.

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Technology prevention:

- Put restrictions on Internet usage (i.e., time and place).
- Have software to track communications, via the computer for monitoring.
- Limit the people that you give your email, phone and home address to.

Cyber Bullying : Technology Review

[Http://cyberbullyingprevention.com/AudioTechnologyReview](http://cyberbullyingprevention.com/AudioTechnologyReview)

Join me in this 10-minute audio presentation to learn how to protect your family and your computer using the newest prevention software. The software options include:

- Free Antivirus and AntiSpyware Software to protect your computer
- Firewall Software and Windows setting to help lock your computer
- Kid-Safe Web browsers
- Basic Internet safety rules

[Http://cyberbullyingprevention.com/AudioTechnologyReview](http://cyberbullyingprevention.com/AudioTechnologyReview)

Cyber Bullying: How Adults Can Help

We can control technology by installing software on your computer, however, this is only a minor fix. Even if every computer in your house has these controls, your kids can get on a computer outside your home and be exposed to the very content that you do not approve of.

So, What Are Better Solutions?

Open Communication

Having open communication helps increase awareness between you and your kids. Get clues to see if they are having any issues caused by Cyber Bullying by talking with your kids to find out what they are finding online and how they feel about it. When responding during these conversations, attempt to minimize your reactions and reduce conveying strong, critical judgments. This can have negative effects cause your kids to stop communicating with you. You can respond by asking more questions or by making positive statements.

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Here are 5 easy, conversation starters to assist you in talking with your kids--

1. What was the best thing that happened to you today?
2. How many different web sites do you think there are?

What ones do you know of?

3. What's a skill you wish you had? Why?
4. Can you teach me how to (fill in the blank)? ex: use the computer
5. Would you rather be smart or nice? Why?

Place The Computer In Your Home For Easy Viewing

You can place your home computer in a public place visible to an adult so while the kids are on it, can manage and prevent negative behaviors. You will be able to see their reactions – whether they are positive or negative. You will also be able to view where they are on the Internet by seeing any inappropriate pictures. I'd also suggest observing a group of kids when they are around a computer monitoring what they are viewing. If there is a problem, this allows the adult to immediately open up the lines of communicate and address any issues.

Teach Your Children – The Way You Treat A Person Face-To-Face Is The Exact Same Way You Treat People In Cyberspace

Here are 5 Cyber-Etiquette Skills You Can Teach Your Kids

1. Think before you speak or type (teach them not to just react).
2. If they are in a situation where they feel uncomfortable, guide them how to remove themselves, (i.e, go to another web page, etc.)
3. Instruct them to ask you or another adult they trust if they have questions about what they have seen or heard on the Internet or with their friends.
4. Reinforce the golden rule: "If you would not say it to a person's face, do not say it in cyber space."
5. Teach your kids that just because people say mean things doesn't mean that they are true. Empower your kids and help them develop a clear sense of self and their own value. Also, remember to instruct them that just because others communicate that way, does not mean you have to.

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Talk With Your Kids About the Do's and Don'ts on the Internet

Knowing the do's and don'ts and other helpful hints about Internet usage, can save your children and your computer!

Here are 5 Internet Usage Tips

1. Set good example of Internet usage by using appropriate screen names, reading before you click and not giving out personal information.
2. Help your kids choose their screen names.
3. Make sure they understand that they should not believe everything on the Internet.
4. Teach them that they should not send pictures of themselves or tell personal information.
5. Advise them not to meet anyone in person that they talk to on the Internet.

Thank you for taking your time and energy to increase your awareness about this urgent topic. If you feel this report has been of value for you, I encourage you to pass this onto others to increase awareness to help all our kids feel safe.

If you feel led to increase awareness in ways that are easy for you, I invite you to purchase our Cyber Bullying Car Magnet. In seconds, you can place the magnet on a door or the bumper of your car, so when you are driving around (and taking your kids to all of their activities!), you can also join the national Campaign To Prevent Cyber Bullying.

<http://cyberbullyingprevention.com/carmagnet>

Thanks so much for your devotion to keeping your kids safe!

Yours,

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