

STOP CYBER BULLYING

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Though Cyber bullying has become unfortunately common, there are some ways that kids, parents, and other concerned adults can help prevent or stop cyber bullying. Parents and other adults can:

- Explain to kids what cyber bullying is, why it is wrong, and what will happen if the kids engage in cyber bullying, and enforce the consequences if the rules are broken.
- Encourage kids to come to tell an adult if they ever see cyber bullying, either as a victim or a bystander.
- Tell kids to help stop cyber bullying by never passing it on.
- Kids should understand that any messages or pictures they post online or send through a cell phone may resurface later. They should not post anything that they don't want the world to see, perhaps even years later.
- Parents should have access to all their kid's accounts, and kids should know that their parents will check occasionally to make sure their online activities are safe.
- Let kids know that no one deserves to be bullied, and if they are ever the victim that it is not their fault.

TIPS ON HOW TO REACT TO CYBER BULLYING:

- Don't punish kids for being the victim.
- When cyber bullying occurs, it is a good idea to document it, either by saving the message, printing it, or saving a screen shot. This provides proof to help stop cyber bullying.
- It may be possible to block messages from the cyber bully, or to get a new email address or cell phone number to stop the messages.
- In some cases, school administrators might be able to intervene, or you may be able to contact the bully's parents in writing, with a copy of the proof of the bullying and a request for it to stop.
- Anonymous cyber bullies can sometimes be traced and stopped through their internet service provider or cell phone provider.
- Many forms of cyber bullying are against state and even federal bullying laws, and in these cases parents can contact the police for help. This is an option to consider when the cyber bully's attacks have been:
 1. Threatening
 2. Sexual in nature, including sending suggestive pictures
 3. Extortion, demanding money or something else in return for the cyber bullying to stop
 4. Possible hate crimes attacking a person's ethnicity, gender, religion, or sexual orientation
 5. Stalking or harassment

BULLYING

(4th-6th Grades)

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Definition: Unwanted or aggressive behavior that is repeated over time. Both kids who are bullied and who bully others may have serious, lasting problems.

4 Types of Bullying

- **Verbal**-Most common. Teasing, name-calling, taunting, threatening to cause harm.
- **Physical**-Hitting, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's things. Making mean or rude hand gestures.
- **Social**-Hurting someone's reputation or relationships, leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public.
- **Cyberbullying**-Bullying using technology, i.e. email, cell phones, social networking.

How Can You Discourage Bullying

- Try to stay away from those who seem not to like you.
- Play or take breaks near adults while at school.
- Walk to school with older brothers and sisters or friends.
- Bullying is less likely to take place when you are around or near adults or in groups.

Bullies look for easy targets. They are less likely to pick on those who:

- Can quickly respond to threats in a self-assured way. Practice what to say to a bully.
- Act confident and don't seem easily scared. Use body language, stand up straight, look them in the eye and speak firmly.

It's normal to be frightened or angry if you are bullied. You can discourage attacks by showing **confidence** and not overreacting.

Never fight with a bully or make verbal or written insults. This could lead to more aggression and possibly injury.

Tips to handle face-to-face bullying:

- **Talk to the bully** if it feels safe. Look him or her in the eye and say strongly but calmly, "leave me alone" or "you don't scare me."
- **Walk away.** Don't run because it may make the bully feel more powerful.
- **Don't ignore the situation!** Always tell an adult at school, your parents or a trusted adult immediately. **IT IS THE ONLY WAY IT WILL STOP!!**