Cyber Bullying and Cyber Safety.

During this lesson, we identify common types of Cyber Bullying, brainstorm what to do if Cyber Bullying is occurring, and identify ways to make sure you are not being a Cyber Bully. We also discuss the importance of safety practices to incorporate while using the Internet and other forms of technology, the protection of privacy, and Internet Etiquette.

Please continue to have discussions with your child about always being safe on the Internet. It is also important to be aware of which websites your child may be visiting and what they are posting, including sites such as Facebook, Instagram, Snapchat, Twitter, and online video games.

Below is information from a handout that was given following the lesson:

**Cyber Bullying and Cyber Safety Handout**

What to do if you are being Cyber Bullied:

* Tell a trusted adult (parent, teacher, counselor).
* Don’t erase the email or messages. They may be needed to take action. Instead put them in a folder unread or have an adult help you.
* Stay protected – never agree to meet with someone who is bullying you, or with anyone, you meet online.
* If you are being bullied through a chat or instant messaging, the person that is bullying can often be blocked. Ask a trusted adult to help you.

How to stay safe online:

* Don’t give out private information such as passwords, pins, name, address, phone number, school name, or family and friends names. This information can be used by harmful people on the Internet.
* Don’t exchange pictures or give out email addresses to people you meet on the Internet. Ask permission from parents when it is necessary to give such information.
* Delete messages from people you don’t know, or from people who seem angry or mean.
* When something doesn’t seem right, it probably isn’t.

Etiquette in the Cyber World

* Think before you click!
* Don’t send a message when you are angry – it’s hard to undo things that are said in anger.
* Avoid using all caps – it could sound like yelling
* Use emoticons if you are not sure that someone will understand that you are kidding. 

REVIEW:

* Cyberbullying is illegal
* It leaves a digital footprint (easier to trace)
* It is harder to take back
* An online community is larger than a classroom community and can be anyone
* You need to take steps to protect yourself online such as never giving out your password (someone else can log in as you)