CACY COMMUNICATOR

BULLYING EDITION

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A C A C Y
DRUG FREE

What is Cyberbullying?

Cyberbullying is victimization that takes place using electronic technology such as cell phones, computers and tablets. People are cyberbullied by harassing text messages, e-mails, social media sites such as Facebook, chat rooms, and websites. Kids who are cyberbullied have a harder time getting away from the bullying because it can happen 24 hours a day and 7 days a week. Cyberbullying can be done anonymously and distributed quickly to reach a lot of people. It can be difficult or impossible to trace the source. Deleting inappropriate or harassing messages, texts, and pictures is difficult after they have been posted or sent.

Kids who are Cyberbullied are more likely to:

*Use drugs and alcohol
*Skip school or be unwilling to go to school
*Experience in person bullying
*Receive poor grades
*Have a low self esteem
*Have health problems caused by mental stress.

Resources:
www.stopbullying.gov

Tips for Parents

Be aware of what your kids are doing online. Check the sites your kids are visiting. Ask them what they are doing and who they are doing it with. Tell your kids that as a responsible parent you may review their online communications. Install parental control filtering software. Encourage your kids to tell you immediately if they are being cyberbullied. **Establish clear rules about technology use.** Be clear about what sites they are permitted to use online.

Tell them not to post anything that can hurt themselves or others. Tell your kids to keep their passwords safe and don't share them with friends. Sharing passwords can compromise their control over their online accounts.

CACY's Core Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

Jodi Floyd, CACY Prevention Educator is available to come and speak to your PTO's. Please call if you are interested in having a speaker about Bullying and the Too Good For Violence Curriculum.