PREVENT ELECTRONIC BULLYING

IF YOU ARE A STUDENT . . .

- Don’t respond if someone is bullying you or your friends electronically — tell your parent, an adult at school, or a person you trust.
- Tell an adult if you receive messages that make you feel uncomfortable, are cruel, or are designed to hurt you or someone else.
- Don’t share information online that could be embarrassing.
- Don’t share personal information, such as your name, age, address, or phone number.

IF YOU ARE A PARENT . . .

- Save or print inappropriate messages and pictures your child shares with you — they are evidence and important to any action you take in the future.
- Contact your Internet service provider and file a complaint if you receive messages or images that you think violate the Terms and Conditions of your contract.
- Contact the school if your child is being bullied, harassed, or intimidated online by another student.
- If your child is accused of cyberbullying, seek help from your Internet provider, your school and, if indicated, professional counseling.
- Contact the police if your child receives violent threats or pornography over the Internet.
- Contact the police if your child receives obscene or harassing phone calls or text messages.
- All Washington schools are required by law to have a cyberbullying policy — become familiar with your school’s policy.
- Consider using filters that block inappropriate Internet sites.

GOOD RESOURCES ON THE INTERNET

- http://www.netsmartz.org
- http://www.ncpc.org/cyberbullying
- http://www.isafe.org
- http://wiredsafety.org
- http://safely.yahoo.com
- http://www.theinternetandyourchild.org

Prepared by:
Office of Superintendent of Public Instruction
Washington State School Safety Center
http://www.k12.wa.us/SafetyCenter/
Tips for Parents

FAMILY SAFETY GUIDELINES FOR THE INTERNET
One out of five teens is sexually solicited online each year. There are specific things you can do to help keep your own teens safe. Start by getting involved! Educate yourself on how the Internet works and keep tabs on your child’s computer use.

TEACH
- Create a written Internet safety plan. Set rules for Internet and e-mail use. Include specific strategies for what your teen will do if they are sexually solicited online, or if they are frightened by an online encounter. Sign the plan and post it near the computer.
- Remind your teen not to disclose personal information online.
- Draft a list together of what not to share, including name, age, school, phone number, home address, and photos.
- Talk frequently to your teen. Discuss their online friends just as you talk about their other friends.

MONITOR
- Keep the computer in a common area of the house. This makes it easier to monitor computer use.
- Ask your teen to tell you right away about any uncomfortable online experience, with assurances that you will not be angry if he or she confides in you.
- Consider filtering or monitoring software. While they can help you control your teen’s online use, these devices are no substitute for parental involvement and supervision.
- Be aware. Your teen might be using computers at school, public libraries, and friends’ homes.

REPORT
- Know the signs of “grooming.” When someone initiates online contact with a young person with the intention of establishing a sexual relationship, it is called “grooming.”
- If you suspect online “grooming” of your teen or of any other child, report it to your local law enforcement agency.