

# DEALING WITH CYBERBULLIES

## TIPS FOR KIDS

- ▶ **Ignore the person.** Sometimes the easiest thing to do is to ignore the person and go on about your business. Log-off if the harassment is bothering you.
- ▶ **Block or delete the person.** If it is happening on Instant Messaging or some other place online that requires a "buddy list," you can block certain users based upon their username, or delete them if they are in your buddy list. You can also block e-mails that are being received from specific e-mail addresses.
- ▶ **Change your information.** If someone has hacked into your profile, change your password. If someone repeatedly sends you messages (like, "add me to your buddy list" over and over), consider changing your username or e-mail address.
- ▶ **If there is a profile that was created about you without your knowledge,** contact the company which runs the site to have the profile or language taken off.
- ▶ **If you are upset about what is being said, talk to someone you trust.** Don't feel like you're alone. Many times, you are able to take care of the cyberbullying on your own. Sometimes, it gets out of hand though, and it's helpful to talk to an adult about what is going on. If you feel scared or overwhelmed, maybe even trapped, it's definitely time to talk to an adult, inform your Internet Service Provider and possibly call the police if you are getting physical threats.

For more information, go to

[www.cyberbully411.org](http://www.cyberbully411.org)

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▶ **Never** arrange to meet with someone you met online unless your parents, friends, or a trusted adult go with you. If you are meeting them, make sure it is in a public place.

▶ For additional information on this topic:

▶ Visit [www.cyberbully411.org](http://www.cyberbully411.org)

▶ Visit [www.GetNetWise.org](http://www.GetNetWise.org)

▶ Visit your library

▶ The NetSafe Bookmarks are available as print-ready PDF files at:

▶ [www.ila.org/netsafe](http://www.ila.org/netsafe)

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# SAFE BLOGGING

## TIPS FOR TEENS

- ▶ **Be anonymous.** Avoid postings that could help a stranger to locate you. This includes your last name, address, phone numbers, sports teams, the town you live in, and where you hang out.
- ▶ **Protect your info.** Check to see if your service has a “friends” list that allows you to decide who can visit your profile or blog. If so, allow only people you know and trust.
- ▶ **Avoid in-person meetings.** Don’t get together with someone you “meet” in a profile or blog unless you are certain of their actual identity. Talk it over with an adult first. Although it’s still not risk-free, arrange any meetings in a public place and bring along some friends, your parents, or a trusted adult.
- ▶ **Think before you post.** What’s uploaded to the Net can be downloaded by anyone and passed around or posted online pretty much forever. Avoid posting photos that allow people to identify you, especially sexually suggestive images.
- ▶ **Check comments regularly.** Don’t respond to mean or embarrassing comments.
- ▶ **Be honest about your age.** Membership rules are there to protect people. If you are too young to sign up, don’t lie about your age.

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# SOCIAL NETWORKING TIPS FOR PARENTS

**Be reasonable and try to set reasonable expectations.** Pulling the plug on your child's Internet activities is rarely a good first response to a problem—it's too easy for them to "go underground" and establish accounts at a friend's house or many other places.

**Be open with your children.** Encourage them to come to you if they encounter a problem online—cultivate trust and communication because no rules, laws or filtering software can replace you as their first line of defense.

**Talk with your children.** Find out how they use the services. Make sure they understand basic Internet safety guidelines, including privacy protection and passwords, the risks involved in posting personal information, avoiding in-person meetings, and not posting inappropriate photos.

**Consider requiring that all online activity take place in a central area of the home, not in a child's bedroom.** Be aware that there are also ways children can access the Internet away from home.

**Try to get your children to share their blogs or online profiles with you.** Be aware that they can have multiple accounts on multiple services. Use search engines and the search tools on social-networking sites to search for your child's identifying information.

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