Los Angeles Harbor College
Life Skills Center

<u>Tips on Avoiding Cyber Bullying</u>

<u>What is Cyber Bullying?</u>

Cyber bullying is generally characterized as using an electronic device for aggressive, repeated and intentional acts of bullying such as name calling, sending threatening emails, placing photos of persons on the Internet without permission and sending viruses

<u>Different forms of Cyber Bullying:</u>

- **<u>Flaming:</u>** Online fights using electronic messages with angry and vulgar language
  <u>Harassment:</u> Repeatedly sending nasty, mean, and insulting messages
- **<u>Denigration:</u>** "Dissing" someone online. Sending or posting gossip or rumors about a person to damage his or her reputation or friendships
  <u>Impersonation:</u> Pretending to be someone else and sending or posting material to get that person in trouble or danger or to damage that person's reputation or friendships
- **<u>Outing:</u>** Sharing someone's secrets or embarrassing information or images online
- **<u>Trickery:</u>** Talking someone into revealing secrets or embarrassing information, then sharing it online
- **<u>Exclusion:</u>** Intentionally and cruelly excluding someone from an online group
- **<u>Cyber stalking:</u>** Repeated, intense harassment and denigration that includes threats or creates significant fear

<u>How it works:</u>

- Direct Attacks/Instant Messaging/Text Messaging Harassment/Stealing Passwords /Blogs Web Sites /Sending Pictures through E-mail and Cell Phones /Internet Polling /Interactive Gaming /Sending Malicious Code /Sending Porn and Other Junk E-Mail and IMs/Impersonation
- Cyber bullying by proxy: when a cyber bully gets someone else to do their dirty work. Most of the time they are unwitting accomplices and don't know that they are being used by the cyber bully. Cyber bullying by proxy is the most dangerous kind of cyber bullying because it often gets adults involved in the harassment and people who don't know they are dealing with a kid or someone they know

<u>Why do people do it?</u>

- When it comes to cyber bullying, they are often motivated by anger, revenge or frustration. Sometimes they do it for entertainment or because they are bored and have too much time on their hands and too many tech toys available to them
- Many do it for laughs or to get a reaction. Some do it by accident, and either send a message to the wrong recipient or didn't think before they did something
- The power-hungry do it to torment others and for their ego. "Revenge of the nerd" may start out defending themselves from traditional bullying only to find that they enjoy being the tough guy or gal. "Mean girls" do it to help bolster or remind people of their own social standing. And some think they are righting wrong and standing up for others
- Because their motives differ, the solutions and responses to each type of cyber bullying incident has to differ too. Unfortunately, there is no "one size fits all" when cyber bullying is concerned

Prevention:
- Refuse to pass along cyber bullying messages
- Tell friends to stop cyber bullying
- Block communication with cyber bullies
- Report cyber bullying to a trusted adult
- Speaking with other students, as well as teachers and school administrators, to develop rules against cyber bullying
- Raising awareness of the cyber bullying problem in your community by holding an assembly and creating fliers to give to younger kids or parents

Take Action:
- Education can help considerably in preventing and dealing with the consequences of cyber bullying

Please come see us at the Life Skills Center for individual coaching in how to avoid Cyber Bullying and attend our regularly offered workshops. We have much more to teach you about how to avoid Cyber Bullying.