

Anthony Wayne Middle School

Counseling Department

Quarter 2 Topic: Cyber bullying



How would you Like it?

Kids have been bullying each other for generations. However, the latest generation, known as the “Y generation”, has been able to utilize technology to expand their reach and the extent of their harm. This phenomenon is called *cyber bullying*, defined as: “*willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.*” Basically, cyber bullying refers to incidents where adolescents use technology, usually computers or cell phones, to harass, threaten, humiliate, or otherwise hassle their peers.

Teens have also created web pages, videos, and profiles on social networking sites making fun of others. With cell phones, adolescents have taken pictures or videos in a bedroom, a bathroom, or another location where privacy is expected, and posted them online for the world to see, rate, tag, and discuss.

Are there any warning signs?

A child or teenager may be a victim of cyber bullying if he or she: unexpectedly stops using their computer or cell phone; appears nervous or jumpy when an instant message or email appears; appears uneasy about going to school or outside in general; appears to be angry, depressed, or frustrated after using the computer or cell phone; avoids discussions about what they are doing



on the computer or cell phone; or becomes abnormally withdrawn from usual friends and family members.

Similarly, a child or teenager may be engaging in cyber bullying behaviors if he or she: quickly switches screens or closes programs when you walk by; gets unusually upset if computer or cell phone privileges are restricted; avoids discussions about what they are doing on the computer or cell phone; or appears to be using multiple online accounts (or an account that is not their own).

In general, if a youth acts in ways that are inconsistent with their usual behavior when using these communication devices, it's time to find out why.

Hinduja, S. & Patchin, J. W. (2011). *Cyber bullying Identification, Prevention, and Response*. Cyberbullying Research Center (www.cyberbullying.us).

What can parents do?



Being a parent is tough enough. The best track parents can take when their child is cyber bullied is to make sure they feel (and are) safe and secure, and to convey unconditional support.

Click on the link below to discover informative, practical resources on how to identify, prevent, and address cyber bullying.

<http://cyberbullying.us/resources/parents/>