

WHAT IS CYBER BULLYING?

Definition:

The use of information and communication technologies such as e-mail, text message, camera phones, instant messaging, or networking websites to support deliberate, repeated, and hostile behavior by an individual or group with the intention of harming others.

5 Types of Cyberbullying:

HARASSMENT, which involves the bullying sending offensive and malicious messages to an individual or a group and is often repeated multiple times.

FLAMING, refers to an online fight exchanged via emails, instant messaging, or chat rooms

EXCLUSION, is the act of intentionally singling out and leaving a person out from an online group. The group then subsequently leave malicious comments and harass the one they singled out.

OUTING is when a bully shares personal and private information, pictures, or videos about someone publicly. A person is “outed” when his information has been disseminated throughout the internet.

MASQUERADING is a situation where a bully creates a fake identity to harass someone anonymously. In addition to creating a fake identity, the bully can impersonate someone else to send malicious messages to the victim.

Cold hard facts about cyber bullying:

Over 95% of teenagers use social networking sites to communicate with peers.
81% of young people think bullying online is easier to get away with than bullying in person.
53% of kids admit having said something mean or hurtful to another person online.

“Hyper-networking” teens (those who spend more than three hours per school day on online social network) are 110% more likely to be a victim of cyberbullying, compared to those who don’t spend as much time on social networks.

What YOU can do to help:

Respond **THOUGHTFULLY**, not fast. What parents don’t always know is that they can make things worse for their kids if they act rashly. If you respond publicly or if your child’s peers find out about even a discreet meeting with school authorities, the marginalization can get worse, which is why any response needs to be well thought out.

What victims say helps most is to be **HEARD** – really listened to – either by a friend or an adult who cares. That’s why, if your kids come to you for help, it’s so important to respond thoughtfully and involve them. Just by being heard respectfully, a child is often well on the way to healing.

One positive outcome we don’t often think about or hear in the news is **RESILIENCE**. We need to keep working to eradicate bullying. But when it does happen and we overcome it – our resilience grows. It’s not something that can be “downloaded” or taught. We grow it through exposure to challenges and figuring out how to deal with them. So sometimes it’s important to give them space to do that and let them know we have their back.



Contact us and find out how we can help.

FHF of Jefferson, part of a statewide FHF network.

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