

EXPLORING SAFE WAYS TO USE TECHNOLOGY

A How To for Families to Address Cyberbullying

NHCS Bullying Protocol Review Team Student Services 2013-2014

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What is Cyberbullying

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as:

Cell phones

Computers

Tablets

Social Media Sites

Text Messages

Chat and

Websites.



N. C. General Statute §14-459.1 – Cyberbullying penalty

Except as otherwise made unlawful by this Article, it shall be unlawful for any person to use a computer or computer network to do any of the following:

- (1) With the intent to intimidate or torment a minor:
 - a. Build a fake profile or Web site;
 - b. Pose as a minor in:
 1. An Internet chat room;
 2. An electronic mail message; or
 3. An instant message;
 - c. Follow a minor online or into an Internet chat room; or
 - d. Post or encourage others to post on the Internet private, personal, or sexual information pertaining to a minor.
- (2) With the intent to intimidate or torment a minor or the minor's parent or guardian:
 - a. Post a real or doctored image of a minor on the Internet;
 - b. Access, alter, or erase any computer network, computer data, computer program, or computer software, including breaking into a password protected account or stealing or otherwise accessing passwords; or
 - c. Use a computer system for repeated, continuing, or sustained electronic communications, including electronic mail or other transmissions, to a minor.

N. C. General Statute §14-459.1 – Cyberbullying penalty , cont.

- (3) Make any statement, whether true or false, intending to immediately provoke, and that is likely to provoke, any third party to stalk or harass a minor.
- (4) Copy and disseminate, or cause to be made, an unauthorized copy of any data pertaining to a minor for the purpose of intimidating or tormenting that minor (in any form, including, but not limited to, any printed or electronic form of computer data, computer programs, or computer software residing in, communicated by, or produced by a computer or computer network).
- (5) Sign up a minor for a pornographic Internet site with the intent to intimidate or torment the minor.
- (6) Without authorization of the minor or the minor's parent or guardian, sign up a minor for electronic mailing lists or to receive junk electronic messages and instant messages, with the intent to intimidate or torment the minor.
- (b) Any person who violates this section shall be guilty of cyber-bullying, which offense shall be punishable as a Class 1 misdemeanor if the defendant is 18 years of age or older at the time the offense is committed. If the defendant is under the age of 18 at the time the offense is committed, the offense shall be punishable as a Class 2 misdemeanor.

Stand Up To Cyberbullying



https://www.youtube.com/watch?feature=player_embedded&v=IN2fuKPDzHA



Truths About Technology and Behavior

Be aware and realize that being online provides a screen for people to hide.

Who are you REALLY talking to?



- People do things online they would not do in real life.
- People are more aggressive while hiding via technology than they would be in a face-to-face encounter.
- Information is transmitted quickly and is near impossible to retract.
- Sexual predators seek out unsuspecting adolescents.

What are you sharing?

- Personal information is shared that can lead to a violation of privacy.
- Technology fans the flames of paranoia and can leave students feeling vulnerable and overexposed, because they choose to share too many private details about their personal life.
- People are addicted to being connected since technology provides a constantly updated picture of the lives of friends and associates.

How Students Hide Online Behavior from Adults

- “I message on Fb, Skype or some other social media and then quickly minimize it. Then I pull up a game really fast.”
- “I put the IM down under the screen so no one can see it.”
- “I have four different email accounts. My parents think the only one I have I got in fourth grade.”
- “I have more than one Facebook account.”
- “I don’t have to hide, they’re not watching.”

Ways Students Cyberbully

- Threatening Texts
- Spreading rumors via texts
- Posting hate messages on social media sites
- Starting “Hit Lists” on social media sites
- Creating fake internet profiles
- Postings on Facebook, Twitter and various social media networking sites

Where Does This Behavior Come From?

- Media
- Examples from adults
- Examples from friends or siblings
- Music – They Do Hear The Lyrics!



What Would You Do?



<http://www.youtube.com/watch?v=8KVxafFgXq0#at=52>

Notes to Parents

- A cell phone is a privilege, not a right, and as the parent you are in control of it.
- Be Aware of What Your Children are Doing Online
- Talk with your children about cyberbullying and other online issues, on a regular bases.

Cell Phone 101

□ Monitoring Cell Phone Use

- Establish clear expectations and boundaries for cell phone use.
- Check your phone bill or cable bill. Track when your child is calling or texting; timestamps of 2:00 AM indicate a problem!
- Check with your carrier on ways you can manage cell phone use.

Cell Phone 101

- Using Cell Phones To Keep Up With Your Kids
 - Understand that a cell phone makes it easier for your child to lie about where they are. A cell phone does not equal peace of mind for your child's location.
 - Consider using the GPS function to determine actual locations or any other tracking service or app that is available for your use.
 - On a regular and continuous basis, discuss and review appropriate use of cell phones

Facebook and Social Networking 101

- Be sure you abide by the age and appropriate use guidelines for Facebook accounts.
- Computers, even personal laptops, should never be in a child's bedroom.
- Responsible parents and family members should be your child's Facebook friends.
- Monitor comments and postings and discuss appropriate ways to handle any issues that may come up.

Facebook and Social Networking 101

- Set up your own Facebook page and “friend” your child.
- Become friends with your children’s friends and parents.
- If you are noticing very limited activity, there is a possibility that it is a decoy profile and your child may have another account.
- Help your child understand what information should be public on Facebook and what should be private.

facebook®

The screenshot shows a web browser window with the URL <https://www.facebook.com/help/420576171311103>. The page is the Facebook Help Center, specifically the 'Bullying' section. The left sidebar contains a list of help topics: 'How to Report Things', 'Don't Have an Account?', 'Report a Violation', 'Report a Bug', 'Bullying' (highlighted), 'Tools for Addressing Abuse', 'Tools for Parents & Educators', 'Intellectual Property Issues', 'Image Privacy Rights', 'Give Us Feedback', and 'Back'. The main content area is titled 'Bullying' and includes a video player showing a family at a table. Below the video, there is a section for 'Teens' with a list of questions: 'I saw something I don't like on Facebook. What should I do?', 'What should I do if I see a friend being targeted or bullied on Facebook?', 'What happens when I report something to Facebook? Does the person I report get notified?', and 'I need help and Facebook told me to send a message to someone I trust. Who should that be?'.

Getting Help from the Facebook Team

<https://www.facebook.com/help/420576171311103>

Right click to open hyperlink to play video

Help from Facebook

We believe safety is a conversation and a shared responsibility among all of us. That's why we provide the information, tools and resources you'll find here.

-Facebook Team



The screenshot shows a Mozilla Firefox browser window displaying the Facebook Safety Center page. The browser's address bar shows the URL <https://www.facebook.com/safety>. The page features the Facebook logo and a 'Sign Up' button. Below the navigation bar, there are several sections:

- Access my profile information:** Likes, Music, TV, Movies, Books, Quotes, About Me, Activities... See More
- Access my contact information:** Online Presence
- Access my family & relationships:** Significant Other and Relationship Details and Family Members and Relationship Status
- Access my photos and videos:** Photos Uploaded by Me, Videos Uploaded by Me and Photos and Videos of Me
- Access my friends' information:** Political Views, Family Members

A 'New App Dashboard' video player is also visible. The main content area is titled 'Family Safety Center' and contains the text: 'We believe safety is a conversation and a shared responsibility among all of us. That's why we provide the information, tools and resources you'll find here.' Below this text are 'Like' and 'Send' buttons, and a notification that '648,934 people like this. Sign Up to see what your friends like.'

At the bottom of the page, there are three columns of content:

- Our Philosophy:** Safety is an ongoing conversation among everyone who uses Facebook.
- The Facebook Community:** Each of us plays a role in creating a safe environment.
- Tools & Resources:** Learn about your account settings, safety best practices and more.

The browser's taskbar at the bottom shows several open applications: Start, ZENworks Window, Search | Facebook..., iBoss Enterprise S..., Microsoft PowerPo..., and Safety Center | Fa... The system clock shows 3:03 PM.

Suggested Home Internet Rules

- ❑ Parents or guardians must know passwords at all times
- ❑ Only one designated adult in the house is allowed to clear the browser cache of what websites have been visited.
- ❑ Parents or guardians get to use privacy controls.
- ❑ The internet is to be used for positive communication, research, or appropriate entertainment.
- ❑ Computers and cell phones must be turned off and stored by _____ hour.

Setting the Example

- Remember: “Children will do as you do and not as you say.”
- Use your cell phone appropriately
 - Never text and drive
 - Never send threatening messages
 - Do not let your children hear you speak negatively or gossip about a friend, co-worker or school personnel.

Setting the Example

- Use social networking appropriately
 - Never post hate speech
 - Never post inappropriate pictures
 - Do not try to defend your child to his or her friends by posting status messages or wall posts referring to their friends, whether direct or indirect.
 - i.e. “These girls need to grow up, get a life, and leave my daughter alone.”

Being Solution Focused

What to do if your child is part of the problem

- Listen to your child
- Require your child to apologize
- Enforce consequences until you see a change in behavior
- Challenge distorted thinking.

What to do if your child is the victim

- Listen to your child
- Work together to determine next steps
- Contact the School Administration or Student Support Services and make them aware of any bullying or cyberbullying
- Print any evidence immediately
- Contact law enforcement if your fear for your child's personal safety

Reporting Bullying in NHCS

- NHCS Policy 8307 is available online in PowerPoint format and as a printable pdf under Board Policy
- Procedures for reporting:
 - ▣ Notify administrator, teacher or staff member of any incident that is believed to be bullying, harassment or discrimination.
 - ▣ Forms are available on the website for parents or students to complete to submit to the administrator, teacher or staff member or fax to school
 - ▣ An investigation is completed within 72 hours
 - ▣ Follow up is provided to victims and offenders

The Bully Project:

Leaders
tackle
bullying in
schools and
the
community

<https://www.youtube.com/watch?v=bS42c4eQzyM>

Right click to open hyperlink to play video





The End