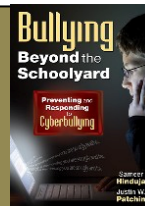


Internet Use Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

Child Expectations

I understand that using the family computer is a privilege that is subject to the following rules:

1. I will respect the privacy of others who use this computer. I will not open, move, or delete files that are not in my personal directory.
2. I understand that mom and dad may access and look at my files at any time.
3. I will not download anything or install programs without first asking mom or dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name—even if I know the person with whom I am communicating.
My screen name will be: _____
5. I understand that I can use the computer for approved purposes only.
6. I will never write or post anything online that I would not want mom or dad to see. I will not use profanity or otherwise offensive language. If I receive messages or view content with offensive language, I will report it to mom and dad immediately.
7. I will never agree to meet an online friend in person without first asking mom or dad. Dangerous people may try to trick me into meeting up with them.
8. If I ever feel uncomfortable about an experience online, I will immediately tell mom or dad. I understand that mom and dad are willing to help me and will not punish me as long as these rules are followed.

Child's Signature: _____

Parent Expectations

I understand that it is my responsibility to protect my family and to help them receive the best of what the Internet has to offer. In that spirit, I agree to the following:

1. I will listen calmly. If my child comes to me with a problem related to online experiences, I promise not to get angry but to do my best to help my child resolve the situation.
2. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish reasonable consequences for lapses in judgment on the part of my child.
3. I will treat my child with dignity. I will respect the friendships that my child may make online as I would offline friends.
4. I will not unnecessarily invade my child's privacy. I promise not to go further than necessary to ensure my child's safety. I will not read diaries or journals, nor will I inspect e-mails or computer files unless there is a serious concern.
5. I will not take drastic measures. No matter what happens, I understand that the Internet is an important tool that is essential to my child's success in school or business, and I promise not to ban it entirely.
6. I will be involved. I will spend time with my child and be a positive part of my child's online activities and relationships—just as I am offline.

List of Prohibited Web sites and software applications:

Parent's Signature: _____

Sameer Hinduja, Ph.D. is an Associate Professor at Florida Atlantic University and Justin W. Patchin, Ph.D. is an Associate Professor at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer comprehensive workshops for parents, teachers, counselors, mental health professionals, law enforcement, youth and others concerned with addressing and preventing online aggression.

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.us>. © 2009 Cyberbullying Research Center - Sameer Hinduja and Justin W. Patchin

What To Do When Your Child Cyberbullies Others

Top Ten Tips for Parents

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.



Finding out that your child is mistreating others online can be frustrating. Here's how to respond:

1. ACKNOWLEDGE THE ISSUE. As a parent, accept the reality that your child could be engaging in online behaviors that are hurting others. Rather than try to trivialize, rationalize, or ignore the problem at hand, realize that anyone (including your own flesh and blood!) can be cruel to others, given the right circumstances.

2. REMAIN CALM. When addressing cyberbullying, try to discuss the issue in a level-headed manner without demonizing, disrespecting, or judging your child. Remember that your son or daughter isn't the problem; their behavior is. Deal with it, but treat them with dignity. Otherwise, they may lash out and retaliate if they feel attacked or victimized themselves, and no progress will be made.



3. KEEP AN OPEN LINE OF COMMUNICATION. Many youth engage in cyberbullying to get revenge for something someone else did first. Make sure that your kids know that they can come to you and discuss issues they are having with peers (offline or online). Give children the opportunity and skillset to solve interpersonal problems in appropriate ways, instead of resorting to revenge.

4. STOP THE BULLYING. Goal #1 is to get the bullying to end and never happen again. Ensure that all instances of bullying are stopped immediately, regardless of who started it. No one deserves to be mistreated, for any reason, ever.

5. UNDERSTAND THE ROOT OF THE PROBLEM. We hear that "hurt people hurt people." It is critical to identify the reason(s) your child has acted out. Is it an unhealthy way of coping with stress in their life? Because they themselves are being victimized? Because there are no rules in place, and no threat of sanctions to deter them? Try to get to the bottom of the issue.

6. INVESTIGATE. Take measures to thoroughly find out the extent of your child's bullying. It could span multiple environments, websites, apps, and devices. It could be very direct and observable, or indirect and extremely subtle. Work to fully understand what happened and where.



7. MAKE CHILDREN UNDERSTAND HOW TARGETS FEEL. Explain the severity of cyberbullying and how it would feel to be on the receiving end of hate or harassment with an example specific to how *your child* would be hurt the most. Try to cultivate empathy and compassion in kids in creative and compelling ways, so that they really understand that we all have our sore spots, hot buttons, and vulnerabilities.

8. SET UP PARENTAL CONTROLS. Monitor your child's online activities, both formally and informally. This can be done through the installation of software or apps on their laptop, tablet, or phone. You should also routinely and randomly check their devices to see what they are doing, at least until you feel sure that they can be trusted.

9. SHARE YOUR CONCERNS. You are not the only parent who has ever faced these problems. Connect with others so that the entire community can rally around the issue and take a stand. This united front can help to create and promote a culture where all members of a peer group recognize that bullying is always wrong and never justifiable.



10. STAY EDUCATED. While we know that your lives are extremely busy, it is important that you take time to continually learn about new technologies and sites that your kids (and their peers) are using. You should also know where to get help (such as cyberbullying.org), and interface with others (especially school staff) who have relevant experiences and strategies to share.



What To Do When Your Child is Cyberbullied

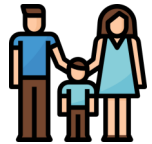
Top Ten Tips for Parents

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.



Finding out that your child is being cyberbullied is painful. Here's what to do:

1. MAKE SURE YOUR CHILD IS (AND FEELS) SAFE. The safety and well-being of your child should always be the foremost priority. Convey unconditional support. Parents must demonstrate to their children through words and actions that they both desire the same end result: stopping the cyberbullying.



2. TALK WITH AND LISTEN TO YOUR CHILD. Engage your child in conversation about what is going on in a calm manner. Refrain from freaking out. Take the time to learn exactly what happened, and the nuanced context in which it occurred. Also, don't minimize the situation or make excuses for the aggressor.

3. COLLECT EVIDENCE. Print out or make screenshots or recordings of conversations, messages, pictures, videos, and any other items which can serve as clear proof that your child is being cyberbullied. Keep a record of any and all incidents to assist in the investigative process. Also, keep notes on relevant details like location, frequency, severity of harm, third-party involvement or witnesses, and the backstory.



4. WORK WITH THE SCHOOL. All schools in the U.S. have a bullying policy, and most cover cyberbullying. Seek the help of administrators if the target and aggressor go to the same school. Your child has the right to feel safe at school, and educators are responsible to ensure this through an investigation and appropriate response.

5. REFRAIN FROM CONTACTING THE PARENTS OF THE ONE DOING THE BULLYING. Some parents confronted with accusations that their child is engaging in cyberbullying may become defensive and therefore may not be receptive to your thoughts. Be judicious in your approach to avoid additional drama and possible retaliation.

6. CONTACT THE CONTENT PROVIDER. Cyberbullying violates the Terms of Service of all legitimate service providers (websites, apps, gaming networks, Internet or cell phone companies). Regardless of whether your child can identify who is harassing them, contact the relevant provider. An updated list of contact information can be found here: cyberbullying.org/report.

7. IF NECESSARY, SEEK COUNSELING. Your child may benefit from speaking with a mental health professional. Children may prefer to dialogue with a third party who may be perceived as more objective.

8. IF THE BULLYING IS BASED ON RACE, SEX, OR DISABILITY, CONTACT THE OFFICE OF CIVIL RIGHTS. The U.S. Department of Education takes these cases very seriously if children are limited or restricted in their ability to learn and thrive at school because of discrimination.

9. CONTACT THE POLICE WHEN PHYSICAL THREATS ARE INVOLVED. Most states have laws related to online threats, and law enforcement can assist in these cases either informally or formally. If your local department is not helpful, contact county or state law enforcement officials, as they often have more resources and expertise in technology-related offenses.



10. IMPLEMENT MEASURES TO PREVENT IT FROM REOCCURRING. If your child is being bullied through social media (YouTube, Instagram, Snapchat, Twitter, etc.), set up privacy controls within each platform to block the person doing the bullying from contacting them, and file a report (see #6). Also encourage them to keep talking to you before small issues flare up into major situations.



Chat/Text Abbreviations

Examples of select acronyms used in short-message services



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<3	heart	CHUA	Customer's head up a**
404	I haven't a clue	CJWB	Customer just wanted to bitch
A3	Anyplace, anywhere, anytime	CMIU	Customer misunderstood intended use
ADN	Any day now	CNDL	Customer not deserving of life
AFAIK	As far as I know	COCR	Customer obviously can't read
AFK	Away from keyboard	CRB	Come right back
AML	All my love	CRBT	Crying real big tears
ARE	Acronym-rich environment	CRS	Can't read s***
ASAP	As soon as possible	CSB	Cool story bro
A/S/L?	Age/sex/location?	CU	See you
ATW	All the way	CUL	See you later
B4N	Bye for now	CUL8ER	See you later
BAF	Bring a friend	CU2MR	See you tomorrow
BAK	Back at the keyboard	CYA	See ya
BAS	Big a** smile	CYA	Cover you're a**
BBB	Boring beyond belief	CYO	See you online
BBIAB	Be back in a bit	DBA	Doing business as
BBL	Be back later	DFLA	Disenchanted four-letter acronym (that is, a TLA)
BBN	Bye bye now	DL	Dead link
BBS	Be back soon	DLTBBB	Don't let the bed bugs bite
BD	Big deal	DIKU	Do I know you?
BEG	Big evil grin	DITYID	Did I tell you I'm distressed?
BF	Boy friend	DM	Direct message
BFD	Big f*****g deal	DOM	Dirty old man
BFF	Best friend forever	DOS	Dozing off soon
BFN	Bye for now	DQMOT	Don't quote me on this
BG	Big grin	DTRT	Do the right thing
BIBO	Beer in, beer out	DWB	Don't write back
BIOYIOP	Blow it out your I/O port	DYK	Did/do you know
BL	Belly laughing	E2E	exchange to exchange
BMGWL	Busting my gut with laughter	E2E	e-business to e-business
BOTEC	Back-of-the-envelope calculation	E2E	Employee to employee
BRB	Be right back	E2E	End to end
BTA	But then again...	EEGF	Exposed to excessive G force (dropped, etc.)
BTDT	Been there, done that	EEMD	Environment exceeded manufacturer's design
BTW	By the way	EG	Evil grin
BW	Best wishes	EIOE	Ethanol-induced operator error
BWL	Bursting with laughter	EMFBI	Excuse me for butting in
BWTHDIK	But what the heck do I know...?	EMSG	E-mail message
CICO	Coffee in, coffee out	EOM	End of message
C&G	Chuckle and grin		
CNP	Continued in next post		
CFUU	Customer f*****d up unit		

EOT	End of thread	HT	Hat Tip or Heard Through
ESAD	Eat s*** and die	HTH	Hope this helps
ESTO	Equipment smarter than operator	HRU	How are you?
ETLA	Extended three-letter acronym (that is, an FLA)	HUB	Head up butt
EWG	Evil wicked grin	IAC	In any case
F2F	Face to face	IAE	In any event
FAQ	Frequently-asked question(s)	IANAL	I am not a lawyer (but)
FC	Fingers crossed	IAW	I agree with or In accordance with
FCOL	For crying out loud	IC	I see
FF	Follow Friday	IDK	I don't know
FISH	First in, still here	IGP	I gotta pee
FLA	Four-letter acronym	IHA	I hate acronyms
FML	F*** my life	IHU	I hear you
FMTYEWTK	Far more than you ever wanted to know	IIRC	If I recall/remember/recollect correctly
FOMCL	Falling off my chair laughing	ILU or ILY	I love you
FTBOMH	From the bottom of my heart	IKR	I know, right?
FTR	For the record	IMCO	In my considered opinion
FTW	F*** the world	IMD	In my dreams
FUBAR	F****d up beyond all repair (or recognition)	IMHO	In my humble opinion
FUD	Fear, uncertainty, and doubt	IMing	Instant messaging
FWIW	For what it's worth	IMNSHO	In my not so humble opinion
FYI	For your information	IMO	In my opinion
G	Grin	IMS	I am sorry
G2G	Got to go	IOW	In other words
GA	Go ahead	IPN	I'm posting naked
GAL	Get a life	IRL	In real life (that is, when not chatting)
GIGO	Garbage in, garbage out	ITA	I totally agree
GD&R	Grinning, ducking, and running	ITIGBS	I think I'm going to be sick
GF	Girlfriend	IWALU	I will always love you
GFN	Gone for now	IYSWIM	If you see what I mean
GGP	Gotta go pee	J4G	Just for grins
GIWIST	Gee, I wish I'd said that	JBOD	Just a bunch of disks (like redundant array of independent disks, etc.)
GL	Good luck	JIC	Just in case
GMAB	Give me a break	JK or j/k	Just kidding
GMTA	Great minds think alike	JMO	Just my opinion
GNO	Girls night out	JS	Just saying
GOL	Giggling out loud	JTLYK	Just to let you know
GR8	Great	K	ok
GTG	Good to go	KISS	Keep it simple stupid
GTFO	Get the f*** out of here	KIT	Keep in touch
GTRM	Going to read mail	KOTC	Kiss on the cheek
GTSY	Glad to see you	KOTL	Kiss on the lips
H&K	Hug and kiss	KWIM?	Know what I mean?
HAGN	Have a good night	L8R	Later
HAND	Have a nice day	L8R G8R	Later gator
HBU	How about you?	LD	Later, dude
HEMD	Humidity exceeded manufacture's design	LDR	Long-distance relationship
HHIS	Hanging head in shame	LHO	Laughing head off
HIG	How's it going	LLTA	Lots and lots of thunderous applause
HMP	Help me please	LMFAO	Laughing my f*****g a** off
		LMAO	Laughing my a** off

LMK	Let me know	PRT	Please retweet
LMSO	Laughing my socks off	PU	That stinks!
LOL	Laughing out loud	QT	Cutie
LRF	Little rubber feet (the little pads on the bottom of displays and other equipment)	RL	Real life (that is, when not chatting)
LSHMBH	Laughing so hard my belly hurts	RLRT	Real life retweet
LTM	Laugh to myself	ROR	Raffing out roud (English for "laughing out loud")
LTNS	Long time no see	ROTFL	Rolling on the floor laughing
LTR	Long-term relationship	ROTFLMAO	Rolling on the floor laughing my a** off
LULAB	Love you like a brother	ROTFLMAOWPIMP	Rolling on the floor laughing My a** off while peeing in my pants
LULAS	Love you like a sister	ROTFLMBO	Rolling on the floor laughing my butt off
L UWAMH	Love you with all my heart	RPG	Role-playing games
LY	Love ya	RSN	Real soon now
LY4E	Love ya forever	RT	Real time
MCM	Man candy Monday	RTFM	Read the f*****g manual
MorF	Male or female	RYO	Roll your own (write your own program; derived from cigarettes rolled yourself with tobacco and paper)
MOSS	Member of the same sex	S^	S'up - what's up
MOTOS	Member of the opposite sex	S4L	Spam for life (what you may get when you become someone's customer or client)
MT	Modified tweet	SHCOON	Shoot hot coffee out of nose
MTF	More to follow	SEG	S***-eating grin
MUSM	Miss you so much	SETE	Smiling ear to ear
NADT	Not a darn thing	SF	Surfer-friendly (low-graphics Web site)
NBD	No big deal	SHID	Slaps head in disgust
NFG	No f*****g good	SMH	Shake my head
NFW	No feasible way or no f*****g way	SNAFU	Situation normal, all f*****d up
NIFOC	Naked in front of computer	SO	Significant other
NP or N/P	No problem	SOB	Son of a b****
NPI	No pun intended	SOL	Smiling out loud or s*** out of luck
NRN	No response necessary	SOMY	Sick of me yet?
NTS	Note to self	SOT	Short on time
OBV	Obviously	SOTMG	Short on time must go
OIC	Oh, I see	STFU	Shut the f*** up
OLL	Online love	STFW	Search the f*****g Web
OMG	Oh my God	STW	Search the Web
OOTD	Outfit of the day	SU	Shut up
OTF	Off the floor	SUAKM	Shut up and kiss me
OTOH	On the other hand	SUP	What's up
OTTOMH	Off the top of my head	SWAG	Stupid wild-a** guess
PANS	Pretty awesome new stuff	SWAK	Sealed with a kiss
PAW	Parents are watching	SWL	Screaming with laughter
PCMCIA	People can't master computer industry acronyms	SYS	See you soon
PDA	Public display of affection	TA	Thanks again
PEBCAK	Problem exists between chair and keyboard	TAFN	That's all for now
PIBKAC	Problem is between keyboard and chair	TANSTAAFL	There ain't no such thing as a free lunch
PI	Pun intended	TB4U	Too bad for you
PITA	Pain in the a**	TBH	To be honest
PM	Private message	TBT	Throwback Thursday
PMFJIB	Pardon me for jumping in but...	TBR	To be real
POAHF	Put on a happy face		
::POOF::	Goodbye (leaving the room)		
POTS	Plain old telephone service		

TCOY	Take care of yourself	VBG	Very big grin
TD2O	Too drunk to operate	VBSEG	Very big s***-eating grin
TFH	Thread from hell (a discussion that just won't die and is often irrelevant to the purpose of the forum or group)	W or W/	With
		WAG	Wild a** guess
TGIF	Thank God it's Friday	WAYD	What are you doing
THOT	That h** over there	WB	Welcome back
THX	Thanks	WBS	Write back soon
TIA	Thanks in advance (used if you post a question and are expecting a helpful reply)	WCW	Woman crush Wednesday
		WDALYIC	Who died and left you in charge?
TILII	Tell it like it is	W/E	Whatever
TLA	Three-letter acronym	WEG	Wicked evil grin
TLK2UL8R	Talk to you later	WFM	Works for me
TMI	Too much information	WIBNI	Wouldn't it be nice if
TNT	Till next time	WOMT	Waste of my time
TOPCA	Till our paths cross again	WT?	What/who the ?
TOY	Thinking of you	WTF	What the f***!
TPTB	The powers that be	WTFO	What the f***! Over!
TTFN	Ta-ta for now	WTG	Way to go!
TT	Transformation Tuesday	WTGP?	Want to go private?
TTT	Thought that, too (when someone types in what you were about to type)	WU?	What's up?
		WUF?	Where are you from?
TTYL	Talk to you later	WYSITWIRL	What you see is totally worthless in real life
TTYS	Talk to you soon	WYSIWYG	What you see is what you get
TU	Thank you	WYD	What're you doing?
TY	Thank you	YBS	You'll be sorry
TYT	Take your time	YGBSM	You gotta be s***tin' me!
TYVM	Thank you very much	YMMV	Your mileage may vary.
UAPITA	You're a pain in the a**	YOLO	You only live once
UAF	Until further notice	YW	You're welcome
UW	You're welcome		
UWFS	Unit went for a swim		

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