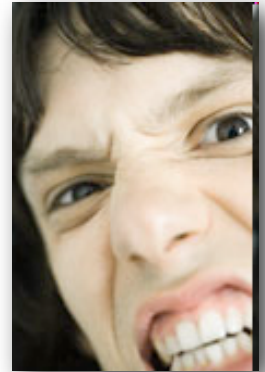


BULLYING

WHAT IT IS

- being called names
- being teased about your skin, religion, nationality, family
- being teased about your sexual orientation
- being teased about your appearance
- being pushed, pinched, hit
- being touched in a way you dislike
- being photographed, recorded against your will
- being threatened
- being shouted at
- being ignored
- being looked at in a funny way
- being forced to do things
- being "asked" to do something by a superior
- being victimised by someone using bureaucracy
- being "spammed"
- having things taken off you
- having things damaged
- getting spiteful looks
- having stories (false or true) told about you
- getting abusive texts
- getting abusive phone calls
- getting silent calls
- getting hurtful messages on the internet



WHY CHILDREN WON'T TELL

- not sure what is happening to them
- peer-loyalty - not wanting to be a tell-tale
- fear of repercussions, aggression, rejection
- fear of being limited by parents or teachers
- not sure of who they can tell safely
- not knowing anyone they can trust

SIGNS TO WATCH OUT FOR

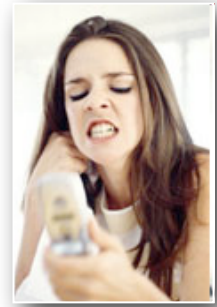
- mood swings
- hostility
- secretiveness
- reduced eye-contact
- signs of fear
- bruises
- torn clothing
- not wanting to go to school
- sudden changes in friendships
- wanting to avoid certain persons or places
- missing possessions supposedly "lost"
- deteriorating behaviour or school work
- bed-wetting
- insomnia

WHAT PARENTS CAN DO

- foster friendships
 - invite friends to your home
 - allow visits to friends' houses
 - foster interests
 - chat about everyday things
 - cultivate family allies
 - report serious bullying of course ...
 - BUT also teach your child how to deal with it
-
- playing it down instead of ignoring it
 - learning to joke about it
 - build self-confidence in other activities

CYBER-BULLYING

- being called names online
- stories being told about you
- getting abusive mobile phone texts
- texts being circulated about you
- embarrassing photos/videos being circulated
- getting abusive phone calls
- getting silent calls
- getting hurtful emails
- getting hurtful messages on the internet
- others sending messages using your name
- people pretending to have a relationship with you



CYBER-BULLYING v TRADITIONAL BULLYING

- almost invisible to outsiders
- is present wherever the child's mobile is present
- this means it can happen during the night hours
- is present wherever the child's computer is
- can be totally anonymous
- can come from a falsified identity
- can originate from adults with more sinister motives
- the technology is often little understood by parents and teachers
- the language is often little understood by parents and teachers

GENERAL ADVICE ON CYBER-BULLYING

Save the evidence though you feel like erasing it.

Ignore the message. Never answer back!

Block the texter/caller if you can.

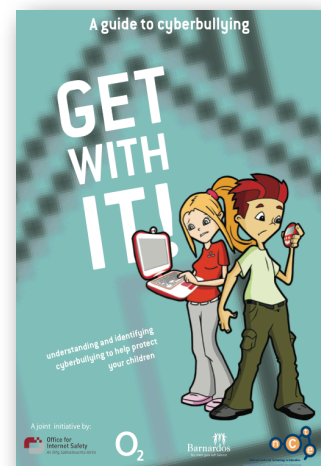
Report the problem to the company and adults.

Identify the sender if possible. Adults can help.

Talk, always talk to someone.

For more information visit:

www.internetsafety.ie



WHAT CHILDREN CAN DO ABOUT CYBER-BULLYING

- Don't give personal information online.
- Don't share passwords except with parents.
- Don't reply to hostile messages.
- Don't reply to anonymous messages.
- Don't assume that a message really comes from the person who appears to be its author.
- Never agree to meet an online contact you do not know in person without your parents' permission.
- Always show hostile or strange messages to parents.
- Don't send or post online photos or recordings your parents would not approve of.
- If you know about others who are being bullied, tell an adult.

WHAT PARENTS CAN DO

- Install your child's computer in a public part of the house.
- Ensure the screen is visible at all times, turned to centre of room!
- Learn about email and social networking.
- Know about your child's email and social networking accounts.
- Know their nicknames and passwords.
- Check that they do not share personal information.
- Constantly monitor their online activity.
- Watch for signs of bullying.
- Discuss bullying with them so that they are familiar with what it might look like and know what to do if they encounter it.
- Tell them you will not remove their computer if it happens.
- Be prepared to contact school, other parents, police or your Internet company if bullying is extreme.

WHAT TEACHERS CAN DO

- Teach students about bullying and what to do about it.
- Ensure they know whom they can talk to about this.
- Tell them that computer access will not suffer if they report it.
- Train them in the proper and safe use of email, chat utilities, social networking sites and mobile phones.
- There is a tendency to ban whatever students like most and so valuable learning opportunities are squandered.
- Reduce your own fear of cutting-edge technologies (where teenagers live) by learning as much as you can about them.

For information on Choice Theory Psychology visit www.wgii.ie