Did you Know?

Cyber Bullying

- 50% of kids say they are online a lot
- 25% say they have received messages that said hateful things
- Cyber bullying is hidden from adults even more than other types of bullying
- Children being bullied may fear telling an adult because they may lose their internet or cell phone privileges
- The child being bullied may not know who the cyber bully is

How can Cyber Bullying be Prevented ?

Adults should discuss with children:

- Not believing everything that is said online
- Not sending messages to others when you are angry
- Not opening messages from someone you don't know
- Trusting your instincts; if you feel uncomfortable, turn off the computer and tell an adult
- Using the computer in a supervised area (not the bedroom)
- Not sharing personal information or posting your picture on the internet
- Limiting the amount of time online

Telling an adult about the information you are looking at and the people you are talking to

What Can Adults Do About Cyber Bullying?

If a child is being cyber bullied, here are some things that should be done:

- do not reply to the message
- save the messages, that is your evidence
- inform the internet, instant messaging or cell phone provider
- contact the police, there are Canadian laws that protect against harassment and discrimination

Learning-Growing-
Transforming The
World Together

Computer Safety

**Blessed Sacrament
Catholic School**

Do you know where your children are every night?

Of course you do !

Do you know who your children are talking to and what they are viewing on the computer?

Hopefully you do

Computer Safety Tips

1. Make sure your child doesn't spend all of his or her time on the computer.

2. People, not computers, should be their best friends and companions.

3. Keep the computer in a family room, kitchen or living room, not in your child's bedroom. This way parents can monitor what is happening when the child is online. Knowing you are watching, children are less likely to put themselves in risky situations and you can safely oversee what's going on.

4. Learn enough about computers so you can enjoy them together with your children.

5. Watch your children when they're online and see where they go.

6. Make sure that your children feel comfortable coming to you with questions. This should apply to all situations including the computer. If your children feel they can trust you, they are more likely to come to you with tough problems and questions.

7. Keep children out of "chatrooms" and off instant messaging sites unless they are monitored.

8. Encourage discussions between you and your child about what they enjoy online. This way you can direct your children to safe sites that fit in with their interests.

9. Discuss the computer use rules, get your children to agree to adhere to them, and post them near the computer as a reminder.

10. Help them find a balance between computing and other activities.

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11. Remember to monitor their compliance with these rules, especially when it comes to the amount of time your children spend on the computer.

12. Get to know their "online friends" just as you get to know all of their other friends.

13. Warn them that people may not be what they seem to be. The Internet provides a cover for people to put on whatever persona's they desire. Predators often pose as children to gain our children's trust.

14. **Make sure you and the parents of your children's friends agree about monitoring activities online, and that you use similar tools to enforce your choices. If not, circumventing your parental controls is as simple as your children walking next door and computing at a friend's house. If you can't agree on a joint policy, make sure the other parents honor your wishes and keep your children off their computer while visiting.**