



Parent Assignment #1: Grade 5

Cyberbullying is one of the most common and hurtful ways young people (and some adults) misuse the internet. They use technology to bully through personal web pages; social networking sites such as MySpace, FaceBook or Flickr; YouTube; cell phone, text, picture and video messages; email and IM'ing; and blogs and forums.



Types of Cyberbullying

Cyber Stalking: Repeatedly sending messages that are threatening or intimidating. Engaging in other online activities that make the victim afraid for his or her safety.

Cyber Threats: The use of a computer, cell phone or other electronic devices to threaten a person's physical safety and well-being.

Defamation: "Dissing" someone online. Sending or posting cruel gossip or rumors about a person to damage his or her reputation or friendships.

Exclusion: Intentionally excluding someone from an online group, like a buddy list.

Flaming or Trolling: Online fighting using electronic messages with angry and crude language.

Happy Slapping: A phenomenon that links traditional bullying with cyberbullying where an unsuspected person is recorded being harassed or bullied in a way that usually includes some type of physical abuse. The digital photo or video is uploaded to the web.

Harassment: Repeatedly sending offensive, rude and insulting messages.

Impersonation: Pretending to be someone else and sending or posting material online that makes the victim look bad, gets the victim in trouble or danger, or damages the victim's reputation or friendships.

Outing and Trickery: Sharing someone's secret or embarrassing information online. Tricking someone into revealing secrets or embarrassing information that is then shared online.

Photoshopping: The modification or alteration of a photo or image. This becomes cyberbullying if the image is altered in a humiliating or obscene way and uploaded to the Web.

Signs of Cyberbullying

A young person who is being bullied via the internet or a cell phone may:

- be frustrated or angry after computer or cell phone use
- avoid discussions about computer or cell phone use
- become anxious over instant messages or emails
- have sudden changes in mood or disposition
- stop using a computer

The cyber bully may:

- avoid discussions about computer use
- become agitated when unable to use the computer
- use the computer excessively
- use multiple accounts that may not be his or her own
- close programs down or not allow anyone else to view the screen

Source: <http://www.safeinyourspace.org/cyberbullying.asp>

Assignment

Ask your child to review the day's lesson, and handouts with you. Discuss their feelings about the lesson, and any issues that may have come up for them that day in school.

Choose one or more of the following:

1. Establish Internet Responsibility Guidelines in your home and make a written agreement about internet rules, including setting limits on how long your child should be online or on the phone.
2. Talk with your child about netiquette, how to behave and communicate politely over the internet and mobile devices. Importantly, teach children to never say something about someone online that they wouldn't say to that person face-to-face. Bullying others, online or in person, is never appropriate behavior
3. Ask your children to show you how they use technology and to teach you about the technological tools they use. This is a great way to spend quality time with your child, empowers the child to "teach" and gives the parent an opportunity to learn new technology, or brush up on skills.
4. Teach your child what to do in cases where they feel threatened or bullied.
5. Consider installing parental control filtering software and/or an online tracking program to block emails from known cyber bullies, monitor and record online chat sessions, or in extreme cases block IM, email or social networking sites completely.



Livingston Youth and Community Services

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Student's Name: _____

Parent's Name: _____

Which assignment did you choose, and why? _____

Was this lesson helpful? Yes/ No

Please explain _____

Parent Signature: _____ Date: _____

Raffle Entry

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Student's Name: _____ Parent's Name: _____

School: _____ Grade 5

Please complete this sheet and return to LYCS, PO Box 822, Livingston, NJ 07039,
Fax: 973-992-9318, email: lycs@livingston.org, or leave at reception in school