

Over 100 million strangers can visit you at home every time you sign onto your computer

If you are online, guard your real identity. Pick a user friendly name that does not give your name, gender, age, birth date, or anything that may identify you or someone you know. **NEVER** use your primary email account for **ANYTHING!**

- Never give out your password, unless to parents
- Never let anyone use your computer
- Do not fill out profiles
- Do not believe everyone or everything you read online
- Do not open emails from senders you do not recognize
- Never meet in person anyone you have met online without telling an adult

IF YOU ARE BEING BULLIED OR HARASSED ONLINE...

- **TELL AN ADULT** you trust! It's not your fault and this is not something you can handle yourself. Be safe, not sorry!
- **ACT IMMEDIATELY!** The longer you wait, the harder it is to successfully identify the subject.
- **DO NOT ENGAGE** in anymore communication with the person. Do not respond at all. It will help if you can prove you are not participating in the chat or doing anything to provoke it.
- **OPEN A NEW FILE FOLDER** and save all messages. If it is live chat, print the screen and save it.

WAYS YOU CAN PREVENT CYBER-BULLYING

- Refuse to pass along cyber-bullying messages
- Tell friends to stop cyber-bullying
- Block communication with cyber-bullies
- Report cyber-bullying to a trusted adult
- Speak with other students, teachers and school administrators to develop rules against cyber-bullying
- Raise awareness of cyber-bullying in your community. Hold an assembly and create fliers to give to younger kids and parents
(<http://www.ncpc.org>)

Even though you cannot see or hear a cyber-bully, the effects from cyber-bullying can cause real harm that can last a lifetime. Remember, if you would not say it or do it in the real world, do not say it or do it online. Think before you write it, think before you send it because what happens online can stay online forever!

BULLIES ARE NOT COOL!!!

For more information on bullying and cyber-bullying visit the following websites:

<http://www.nj.gov>

<http://www.netsmartz.org>

Or call the support hotline: 1-877-NO-Bully



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Cyber-Bullying On The High Tech Playground

The bully's arsenal has grown, and now includes computers, cell phones, and pagers...



Learn how to protect yourself and how to "bust" the bully!

What is Cyber-Bullying

1) “Cyber-Bullying involves the use of information and communication technologies such as e-mail, cell phone and pager text messages, instant messaging, defamatory personal websites and online personal polling websites to support deliberate, repeated and hostile behavior by an individual or group, that is intended to harm others” (Bill Belsey, www.cyberbullying.ca)



2) “Cyber-Bullying is when a child, pre-teen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, pre-teen or teen using the Internet, interactive and digital technologies or mobile phones. It has to have been instigated by a minor against another minor” (<http://www.stopcyberbullying.org>).

3) “It is victimization, “peer abuse.” Like child and domestic abuse, it is based on an imbalance of physical, psychological, and/or social power. Bullying usually involves intentional, unprovoked attempts over time to cause physical and/or emotional harm” (obccr@njdcj.org).

- In 2002, Governor McGreevey signed the anti-bullying law (N.J.S.A. 18A:37-13-19), which went into effect September 1, 2003

The Internet and modern technology has opened up the world of communication and all of its exciting possibilities. However, these technologies provide another avenue for abuse, especially peer abuse. The same crimes that can happen in real life are also happening electronically. The new, hurtful trend becoming popular with students is called:

“CYBER-BULLYING”

Bullies and other predators have embraced this new high tech playground, enticed by the **relative anonymity, ease of provocation, an infinite source of targets, and an environment of lowered inhibitions**. This is the new and preferred method to engage in verbal, physical, emotional and social/relational attacks.

Anyone who has been bullied face to face will tell you it is humiliating and makes them feel **really bad and alone**. Imagine how it would make a person feel if they were bullied every time they answered a phone or turned on a computer. Then imagine how **you** would feel!

“Being bullied besides over the Internet is worse. It’s torment and hurts. They say ‘sticks and stones may break my bones, but words will never hurt me.’ That quote is a lie and I don’t believe in it. Sticks and stones may cause nasty cuts and scars, but those cuts and scars will heal. [Unkind] words hurt and sometimes take forever to heal” (14 yr old girl from NJ, <http://www.cyberbullying.us>)

Despite what cyber-bullies may believe, cyber-bullying is a big deal, causing a variety of reactions in teens. Some teens have reacted in positive ways and try to prevent cyber-bullying by:

- Blocking communication with the cyber-bully
- Deleting messages without reading them
- Talking to a friend about the bullying
- Reporting the problem to an internet service provider or website moderator

Youth who are cyber-bullied report feeling angry, hurt, embarrassed, or scared. These emotions can cause victims to react in ways such as:

- Seeking revenge on the bully
- Avoiding friends and activities
- Cyber-bullying back

Some teens feel threatened because they may not know who is cyber-bullying them. Although cyber-bullies may think they are anonymous, they can be found.

For more info visit the National Crime Prevention Council website: <http://www.npc.org>

“Almost 1/3 of all teenagers who use the Internet have been cyber-bullied” (PEW Internet & American Life Project, 2007)

