

# Cyber Bullying

Keeping Our Kids Healthy and Safe in an  
Increasingly Technological World

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# Cyber Bullying Defined

- ▶ Cyber bullying is just what it sounds like – bullying through Internet applications and technologies such as instant messaging (IM), social networking sites, and cell phones. It's different from traditional bullying because of its anonymity.

<http://stopcyberbullying.com/>

# Common Forms of Cyber Bullying

- ▶ **Flaming and Trolling** – sending or posting hostile messages intended to “inflamm” the emotions of others
- ▶ **Happy-Slapping** – recording someone being harassed or bullied in a way that usually involves physical abuse, then posting the video online for public viewing
- ▶ **Identity Theft/Impersonation** – stealing someone’s password and/or hijacking their online accounts to send or post incriminating or humiliating pictures, videos, or information
- ▶ **Photo shopping** – doctoring digital images so that the main subject is placed in a compromising or embarrassing situation
- ▶ **Physical Threats** – sending messages that involve threats to a person’s physical safety
- ▶ **Rumor Spreading** – spreading gossip through e-mail, text messaging, or social networking sites

# Signs Your Child May Be a Victim of Cyber Bullying

- ▶ Avoids the computer, cell phone, and other technological devices or appears stressed when receiving an e-mail, instant message, or text
  - ▶ Withdraws from family and friends or acts reluctant to attend school and social events
  - ▶ Avoids conversations about computer use
  - ▶ Exhibits signs of low self-esteem including depression and/or fear
  - ▶ Has declining grades
  - ▶ Has poor eating or sleeping habits
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# So What Do We Do?

- ▶ Talk to your kids.
  - Talk about what cyber bullying is.
  - Talk about what it means to be safe online.
  - Role play some scenarios—some kids don't know what to say and do even if you talk about it.
- ▶ Protect your kids.
  - Computers and mobile devices should be out in the open.
  - All passwords should be shared by the child with the adult.
  - Set up an administrator account on your computer.
    - Keeps kids from downloading or installing unwanted items.

# At the Very Least

- ▶ Set up your internet browser's parental controls.
    - Most have the abilities to filter through unwanted material.
  - ▶ Make sure your home computer security is always kept up to date.
  - ▶ Have rules about mobile devices and stick to them.
  - ▶ Be vigilant about checking in with them and monitoring their use of mobile devices.
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# A Step Further

- ▶ Consider the purchase of monitoring software, both for your home computer and your mobile devices.
  - ▶ Ask yourself exactly what you want from the software—how much protection do I want or need for my family?
  - ▶ Decide if you want to share with your child that their activity is being monitored.
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# Monitoring/Filtering Software

- ▶ You want to *filter* their access beforehand and *monitor* their activity afterward.
  - ▶ Most products do a combination of both.
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# Social Network Safety

- ▶ **These products help to prevent cyber bullying and other social networking dangers. They all require your child to cooperate and leave the software installed.**
  - Zone Alarm Guard
    - Facebook specific
  - Minor Monitor
    - Facebook and Twitter specific
    - Free
  - uKnow Kids
    - Facebook, Twitter, MySpace, Instagram
    - Will show parents every post and picture
  - Social Shield
    - Same as above but adds Google+

# Parent Monitoring Software for Home Computer

- ▶ Look for software that will:
  - Block inappropriate content
  - Set time limits for Internet usage
  - Is hardened against hacking

# Parent Monitoring Software for Home Computer

- ▶ Comprehensive Coverage (Top 3)
    - Web Watcher
      - Allows you remote access
    - Spy Agent
      - Hard to use—good for computer savvy people
    - IAmBigBrother
      - Very stealthy
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# Parent Monitoring Software for Home Computer

- ▶ Simple Coverage (top 5)
  - AVG Family Safety
  - Bsecure
    - Allows you to also push your settings to your router so that all mobile devices are covered as well
  - Cyber Sitter
  - Net Nanny
  - Cyber Patrol

# Parent Monitoring Software for Mobile Devices

- ▶ Many have a GPS tracking system.
  - ▶ Run about \$100 with options for add on features.
  - ▶ All log activity on devices, even if deleted.
  - ▶ Most have easy to use features and have good online support.
  - ▶ Most are “stealthy”—your kids don’t know they are being watched.
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# Parent Monitoring Software for Mobile Devices (Top 5)

- ▶ Phone Sheriff
  - Does not log emails sent or received
- ▶ MobiStealth
  - Can record phone calls
- ▶ My Mobile Watchdog
  - Priciest
  - Not stealthy—kids know they are being monitored
  - You receive alerts for anything that comes to phone via text or email
  - Does not have GPS capability
  - Does not log emails sent or received
  - Will not alert you if disabled

# Parent Monitoring Software for Mobile Devices (Top 5)

- ▶ Mobile Spy
  - Can't set it to filter but you can view emails before child receives them
- ▶ Everstealth
  - Most logging options available
  - Can't block numbers
  - Can set time limits
  - Can't see photos or videos posted

# Websites

## ▶ Educational Websites

- OnGuard Online.gov: <http://www.onguardonline.gov/>
- Netsmartz: [www.netsmartz.org](http://www.netsmartz.org)
- and [www.netsmartzkids.org](http://www.netsmartzkids.org)
- IKeepSafe: <http://www.ikeepsafe.org/>
- Safe Kids: [www.safekids.com](http://www.safekids.com)
- Yahoo Safely: <http://safely.yahoo.com>
- Safety and Security Center (Microsoft):  
<http://www.microsoft.com/security/default.aspx>

## ▶ Cyber Bullying Information

- Stop Cyber Bullying:  
<http://stopcyberbullying.com/index2.html>
- Connect Safely: <http://www.connectsafely.org/>
- Common Sense Media:  
[www.commonsensemedia.org/protecting-kids-cyberbullying](http://www.commonsensemedia.org/protecting-kids-cyberbullying)
- Cyber Bullying Research Center:  
[www.cyberbullying.us/resources.php](http://www.cyberbullying.us/resources.php)

# Resources Available at Wyngate

- ▶ Resources are available on the media center page of Wyngate's website.
- ▶ A binder is available to parents in the media center who wish to make copies of resources not posted online or shared tonight.
- ▶ Books are available in the media center.
- ▶ MCPS has many resources available online at: <http://www.montgomeryschoolsmd.org/info/cybersafety/> and at: <http://www.montgomeryschoolsmd.org/departments/security/>

# Sources of Information

- ▶ NetSmartz
  - ▶ OnGuard Online.gov
  - ▶ PC Mag
  - ▶ Well Researched Reviews
  - ▶ Top 10 Reviews
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