

Email



Mobile phones



Instant videoing



Social networking



GETTING STARTED!!! Using Visual Systems to Promote an Understanding of CYBER BULLYING

By

Dolly Bhargava

Disability Specialist Speech Pathologist

Hosting messaging



Chat rooms



Webcam



Visual Learning & Gaming Sites



ACKNOWLEDGEMENTS

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This manual was developed by Dolly Bhargava, Disability Specialist Speech Pathologist. She works with children and adults with intellectual and/or multiple disabilities in a variety of settings. Dolly has also completed a Masters in Special Education (Sensory Disability). She provides consultancy and training services on a range of communication, behaviour management, literacy and vocational related issues nationally and internationally.

She developed this manual in collaboration with the teaching staff at Armadale Education Support Centre and Carolyn McMurtrie from Aussie Notes (graphic artist).

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Armadale Education Support Centre
169 South Western Highway
Armadale WA 6112
Phone: (08) 9399 7170

Suggested Reference:

Bhargava, D. (2011). Getting started!!! Using visual systems to promote an understanding of cyber bullying. Perth, Australia: Department of Education of Western Australia.

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INTRODUCTION TO THE MANUAL

Jamie Roberts is being cyber bullied. Jamie is a secondary school student who attends the local Education Support Centre. Jamie is chatting with a group of his mainstream school friends online. Two of the boys he is chatting to online start picking on him about the way he walks and talks. This makes Jamie feel uncomfortable but he doesn't know what to do. Does he laugh along with his friends, or risk losing his friends by telling them to stop? Does he keep talking to them?..... The developing situation is a tricky one to handle. Students with and without disabilities can easily find themselves in Jamie's shoes and teaching staff all over the country are being confronted with scenarios such as these.

We are all aware of bullying being an age-old societal problem. However, in recent years, a new form of bullying has emerged. Using technology such as mobile phones, email, chat rooms, web cam or websites is part of the daily routine for many primary and secondary school students. Whilst technology has resulted in exciting new ways for students with disabilities to communicate, learn, socialise, stay informed, entertain and foster their creativity, it also has a 'dark side'. Technology has also given rise to endless new ways bullies can threaten, harass, abuse and insult the student with disability. This type of bullying is known as cyber bullying - also known as electronic bullying, online social cruelty, cyber abuse, cyber misuse, cyber harassment and cyber violence.

Cyber bullying can be defined as a situation where the student is threatened, harassed, tormented, embarrassed or otherwise targeted by another person through the use of the technology. Cyber bullying can take the form of sending nasty, mean or threatening messages, emails, photos or video clips; silent or abusive phone calls; spreading hateful comments

about someone through emails, blogs, online profiles or chat rooms; stealing passwords and sending out threatening messages using a false identity; building a website targeting specific people; or accessing someone's accounts to make trouble for them.

When it comes to figuring out why a person cyber bullies someone, it can often be hard to pinpoint the exact reason. There are a number of reasons which may motivate cyber bullying. For example, the student may be motivated by anger or frustration. Sometimes the person does it for their own personal entertainment or because they are bored. Many do it for laughs or to get a reaction. Some do it by accident, and send a message to the wrong recipient or don't think of the consequences of their actions. Some cyber bullies also use it as a means of gaining prestige, power and exerting control over others. Sometimes the cyber bullies have been bullied themselves in real life or online and want to victimise others as revenge.

Cyber bullying can occur at any age and can be devastating for victims and their families. Cyber bullying generally takes a psychological rather than physical form but the consequences for the victim are at least as bad if not worse than those associated with traditional bullying and may have more negative long term effects. Possible psychological harm inflicted by cyber bullying, may be reflected in low self-esteem, loneliness, insecurity, school failure, anger, anxiety, depression, school avoidance, school violence and in extreme cases suicide.

With cyber bullying there is a potential for a much wider audience to be aware of the incident than in schoolyard bullying. For example, nasty mean or threatening messages, emails, photos or video clips can be forwarded to all the student's contacts and web sites could be created that millions of people could visit. Also, there is no easy escape for the cyber victims because they can be bullied anywhere and anytime. Furthermore, the cyber

bully may be anonymous, meaning that the student may never know who is bullying them and why.

Students with disabilities are at a higher risk for being victims of cyber bullying and some of the factors that make them an easier target include:

- Student with disabilities are seen as been different in some way e.g. physical appearance
- Student may have a communication impairment which makes it difficult for them to understand what is being communicated and/or tell others of the cyber bullying incident
- Student may have difficulties with social interaction so cannot pick up social cues that would inform them that the person they are interacting with is a cyber bully
- Student may have low self-esteem
- Student's lack of knowledge of cyber bullying results in them failing to recognise that they are being cyber bullied
- Student may be fearful that the cyber bullying may actually get worse if they tell someone
- Student may be worried that the adults (e.g. teachers, parents) will remove their access to technology (e.g. computers, mobile phones, Internet) in an effort to protect them if they report cyber bullying

As teachers it is our responsibility to become more familiar with their students' technology and the detrimental effects of cyber bullying. We can then be better able to help our students avoid the pitfalls of technology and to deal with any problems that arise. Hence, this manual '*Getting started!!! Using visual systems to promote an understanding of cyber bullying*' was developed to meet the increasing need for a cyber safety resource for students with intellectual disabilities. The manual aims to develop the student's understanding of:

- Cyber bullying
- Implications of being cyber bullied
- Ways to use technology safely to prevent cyber bullying
- Dealing with cyber bullying

The ideas discussed in the manual are designed to be integrated into a preventative cyber bullying programme that you maybe currently using. The information contained in this manual should be used as a springboard for the teacher to begin a discussion to promote student interaction and exchange of information.

Although the text in this manual has been written using Easy English and is supported with visuals, they are not templates. Please adapt or modify the information (i.e. text and pictures) in this manual to meet the needs of your student. When discussing cyber bullying it is important to keep the information and examples general. It should not in any way become personal or become an opportunity for the student to name or shame others. If a student is experiencing some form of cyber bullying, you need to *follow* the *protocol* outlined in your school policy and talk about the incident in a confidential manner.

To help build the student's ability to cope with cyber bullying it is extremely important that we develop the student's self esteem. Some of the skills the student will need in order to cope with tough times include having the confidence to ask for help; feeling OK about themselves and being able to think positively in situations where they are being cyber bullied. Please refer to **Bhargava, D. (2011). Getting Started!!! Using Visual Systems to Support the Development of SELF ESTEEM. Perth, Australia: Department of Education of Western Australia** for strategies on how to develop the student's self esteem to help them tackle cyber bullying in positive ways. You can download this manual at

In conclusion, as previously stated for today's students, being socially connected through technology has become a part of daily life. The reality of the dark side of technology is the increasing incidence of cyber bullying of students with disability. As educators we must be proactive by teaching them how to safely navigate and responsibly use technology.

Dolly Bhargava

Disability Specialist Speech Pathologist

INTRODUCTION TO CYBER BULLYING

WHAT IS CYBER BULLYING?

Cyber bullying involves the use of technology to bully you by saying mean things to you and about you. Cyber bullies use technology like:

Email



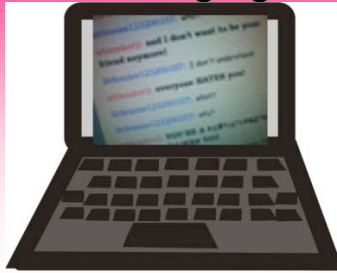
Mobile phones



Instant videoing



Hosting messaging



Chat



rooms

Webcam



Social networking



Visual Learning Sites



Visual game Sites

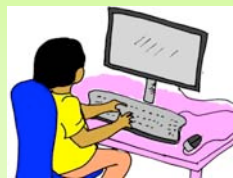


WHO CAN BE A CYBER BULLY?

Boy Girl Adult



Someone you know...



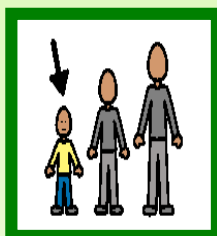
...or Someone you don't know.



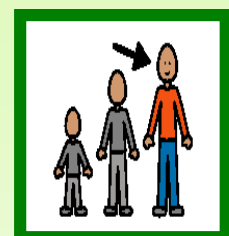
They could be of any:



AGE



HEIGHT



WIDTH



WHAT DO CYBER BULLIES DO?

- Send nasty or mean messages.



- Send nasty or mean videos or photos.



- Send sexts....messages about sex.



- Pretend to be someone else.



- Tell other people private things about you.



- Tell other people, lies about you.



- Cut you off from your contacts.



- Interfere with your private accounts.



- Make annoying and upsetting calls.

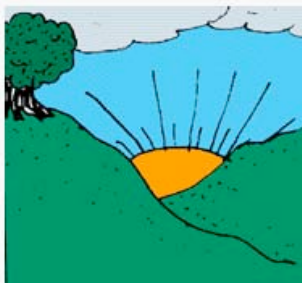


WHEN CAN CYBER BULLYING **HAPPEN?**

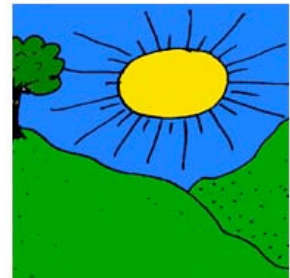
MIDDAY



MORNING



AFTERNOON

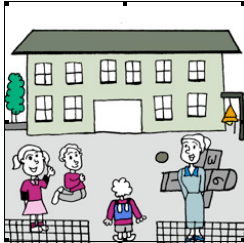


NIGHT



WHERE CAN CYBER BULLYING HAPPEN?

School

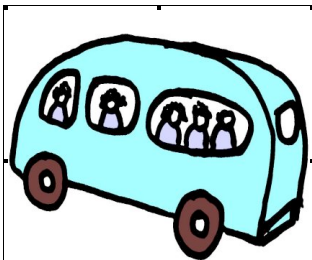


Home



A
N
Y
W
H
E
R
E

Transport



Community



WHO GETS CYBER BULLIED?

Lots of people can get cyber bullied.....

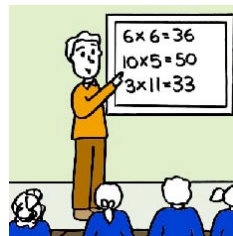
- Your friends,



- Your brothers and sisters,



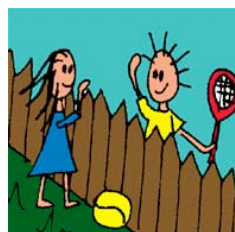
- Students in your school,



- People on the bus,



- Your neighbours,



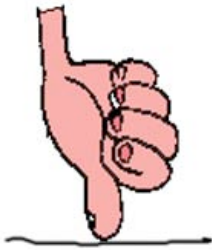
- Children playing sports



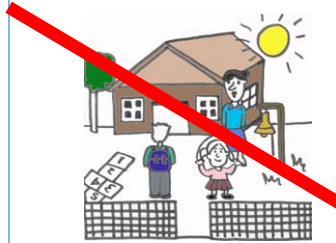
HOW CAN CYBER BULLYING MAKE YOU FEEL?

Cyber bullying can make you feel one or more of these feelings:

Feel bad



Not want to go to school



Hurt on the inside



Feel scared



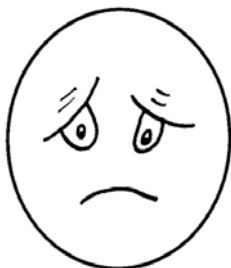
Feel sad



Feel angry



Feel anxious



Feel alone



Feel worried



WHY DO PEOPLE CYBER BULLY?

- Cyber bullies like to be mean and unkind to people.



- Cyber bullies like to put people down.



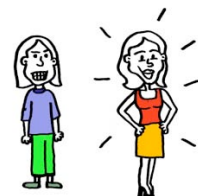
- Cyber bullies like to make people feel unhappy.



- Cyber bullies like to embarrass people.



- Cyber bullies think they are better than others.

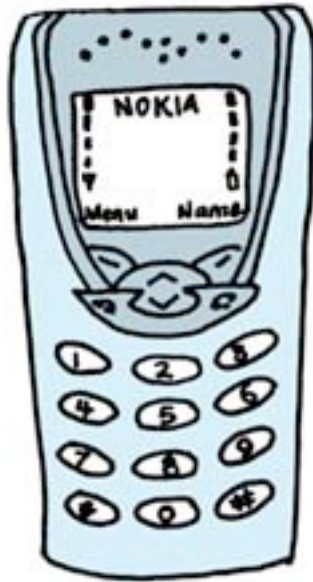


- Cyber bullies like to control people.



TECHNOLOGY AND CYBER BULLYING

Mobile Phones and Cyber Bullying



Types of mobile phones:

- Samsung
- Vodafone
- Optus
- Telstra
- Nokia
- Motorola
- 3

- _____
- _____
- _____
- _____
- _____

WHAT IS A MOBILE PHONE?

Make and get calls



Send and get messages (SMS)



Take and send photos



A mobile phone is a phone that
you can take anywhere with you.
You can do lots of things with
your mobile.

Tell the time



Check emails



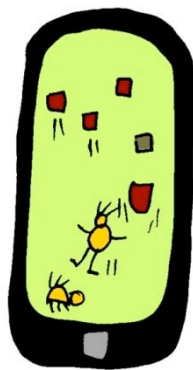
Look at the internet



Listen to
music



Play



games

Watch videos



Some other things I can do with
my mobile.

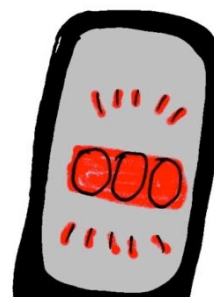
Take and send
videos



Keep connected to
family and friends.



Use in
emergencies



HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING YOUR MOBILE PHONE?

You may get nasty phone calls.



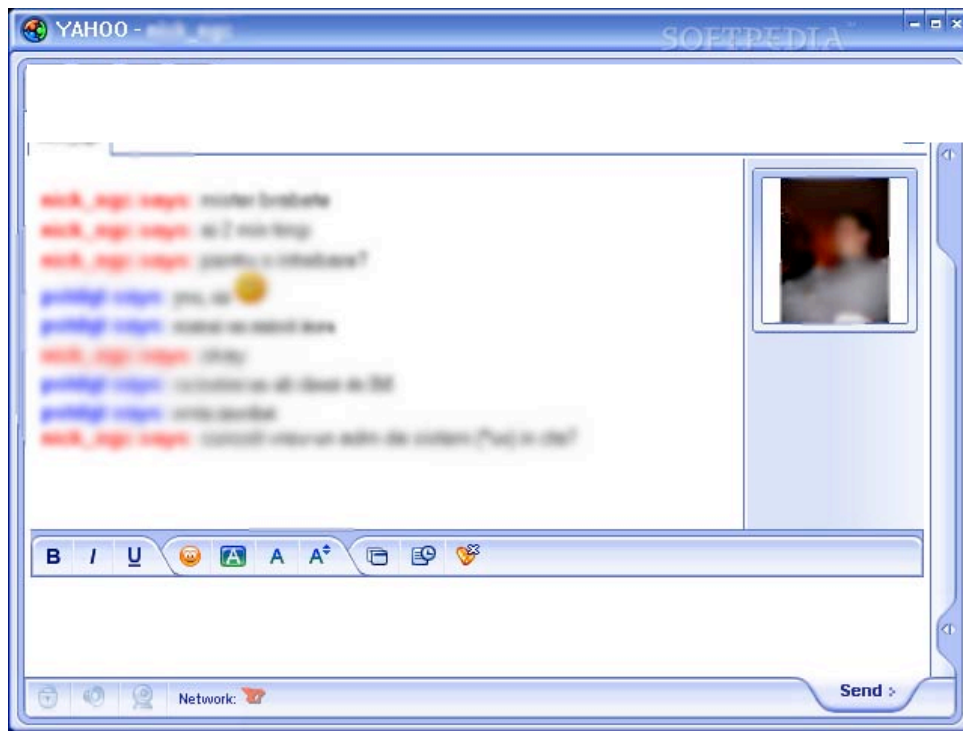
You may get nasty messages.



Private pictures of you may be sent to other people. Your private messages may be sent to other people. People may take nasty videos of you. They may send them to other people and they can gang up on you.



Instant Messaging and Cyber Bullying



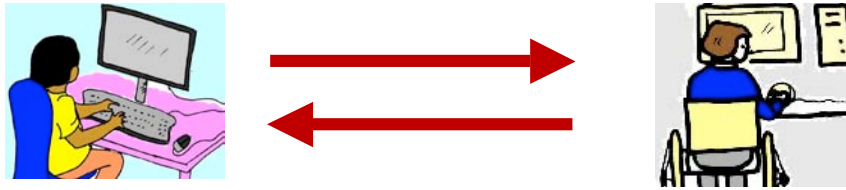
Types of instant messengers:

- Yahoo Messenger
- Windows Live Messenger
- AIM (America Online IM)
- Google Talk

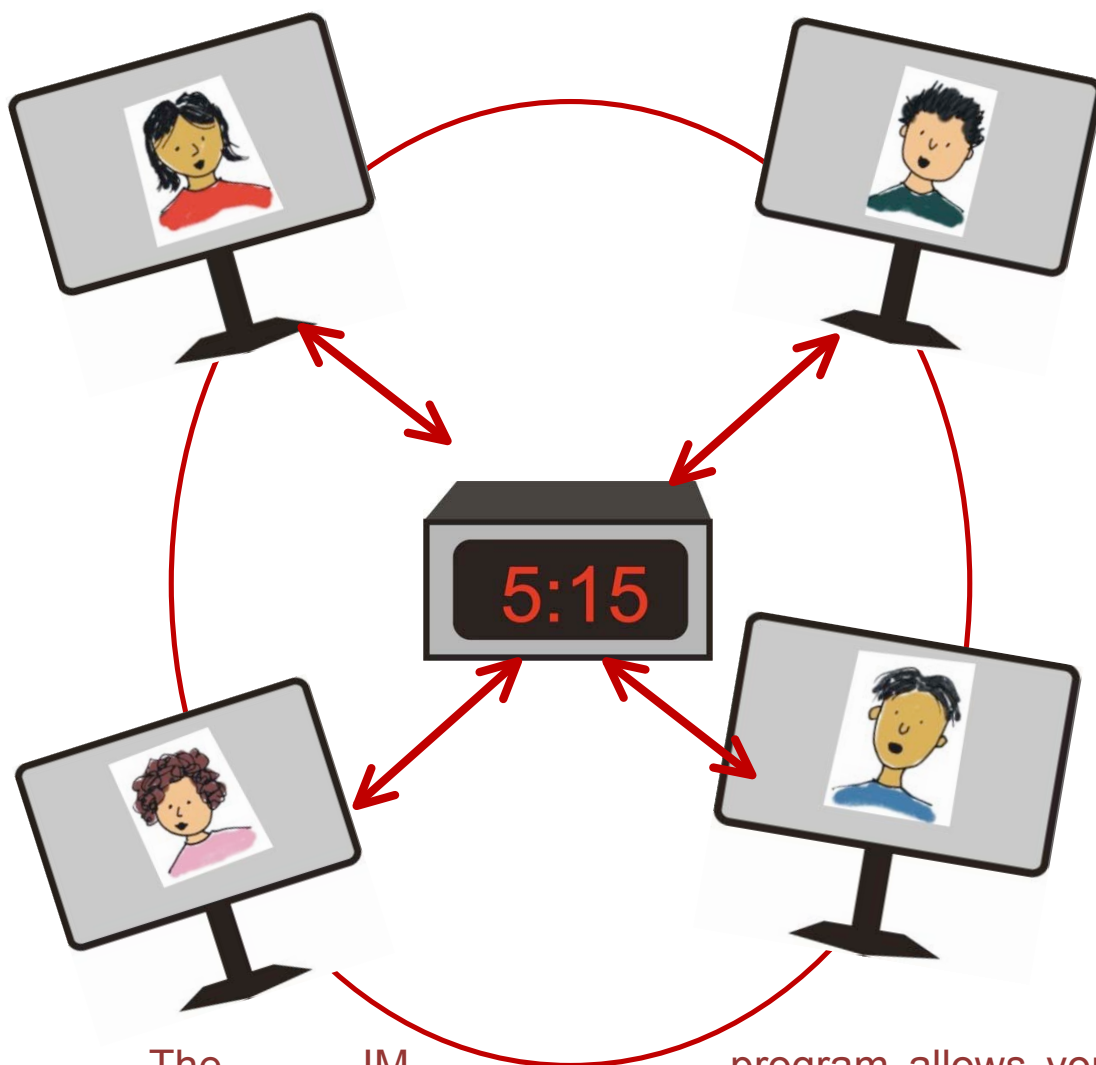
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WHAT IS INSTANT MESSAGING?

Instant Messaging also called “IM” or “IMing”.



IM allows people to have a real-time conversation with one another by using the computer.



The IM program allows you to see if your friends are online. You can then contact them if you want to and chat with them. You can chat to them by writing a message or talking to them or using a video camera (webcam) to video chat.

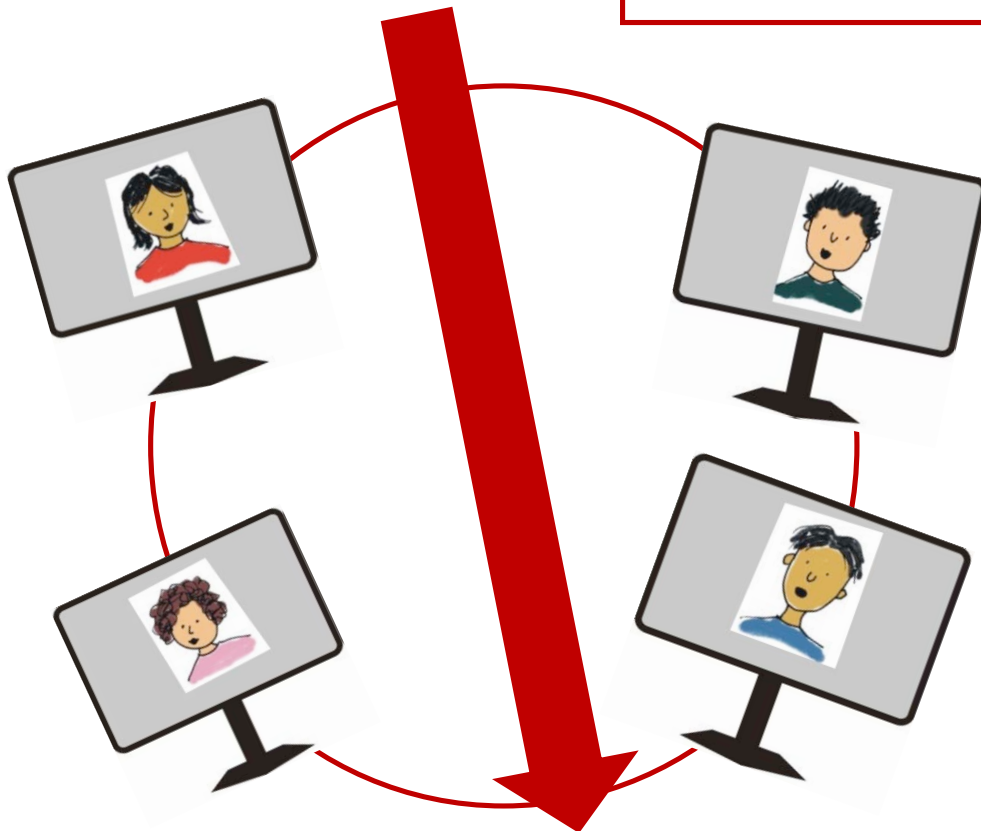
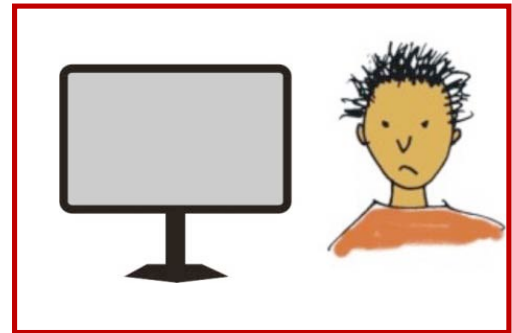
HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING INSTANT MESSAGING?

A cyber bully can get into your IM. They can do mean and hurtful things like:

Pretend to be a nice person



Stop your friends from contacting you



Send you nasty messages



Send your private information to others



Chat Rooms and Cyber Bullying



Types of chat rooms:

- Teens Chat
- Music Chat
- Anime Chat
- Christian Chat
- AFL Chat Room
- TV shows Chat Room

- _____
- _____
- _____
- _____
- _____
- _____

WHAT IS A CHAT ROOM?

A chat room is a website where people meet to chat about things that interest them. In the chat room there maybe people you know and people you don't know.

You need to log in to a chat room.

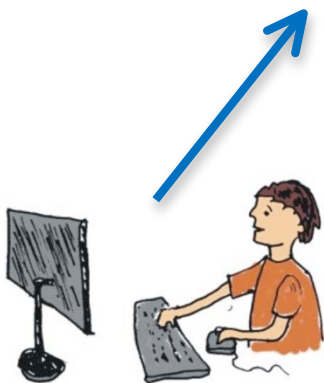
You need a user name and password

Username:

Password:



In the chat room you type what you want to say (message) into a message box. Everyone can read your message and you can read everyone's messages.



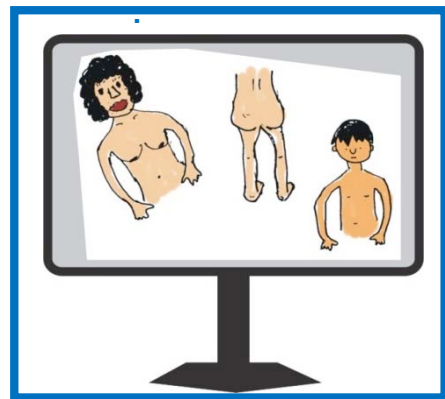
HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING A CHAT ROOM?

A cyber bully can get into chat rooms. They can do mean and hurtful things like:

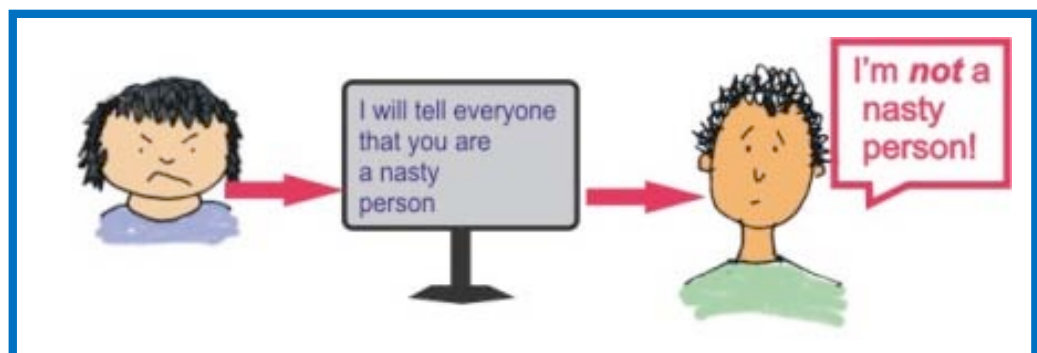
Get you to do wrong things.



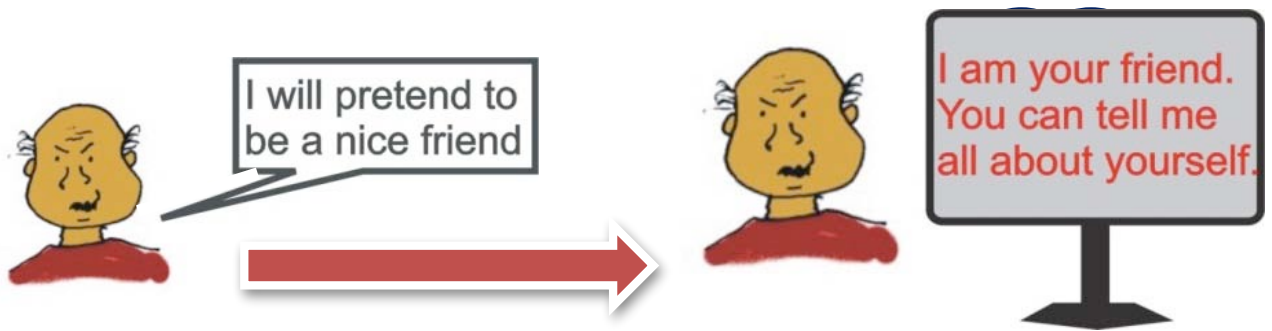
Make you tell them and show them your private parts.



Tell lies about you.



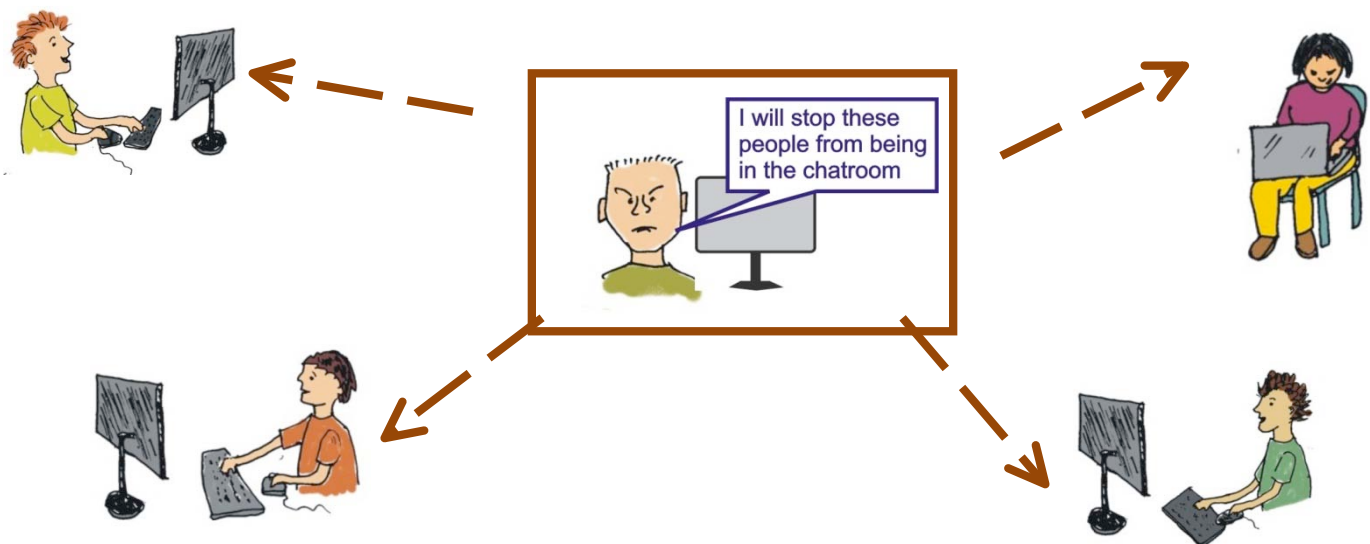
The cyber bully can *pretend* to be a nice person.



Then they can say mean things to you.



The cyber bully can cut you and other people from the chat group.



Email and Cyber Bullying



Types of Email:

- Hotmail
- Gmail
- Yahoo mail
- IINET webmail

- _____

-

WHAT IS EMAIL?

Email is a quick and easy way to send messages from your computer.

Contact lots of friends at the same time



Write to family members

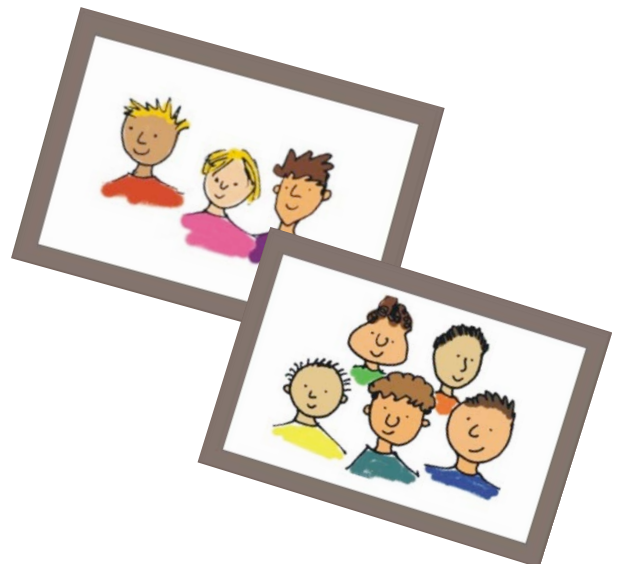


Ask your teacher

for help with schoolwork



Send photos and videos



HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING EMAIL?

A cyber bully may pretend to be someone they are not and send you an email. A cyber bully can use email to do other mean and hurtful things like:

EMAIL MESSAGE

A message may be mean or nasty.



EMAIL MESSAGE

A message may be rude.



EMAIL MESSAGE

A message may be sent to the wrong people, who can be mean to you.

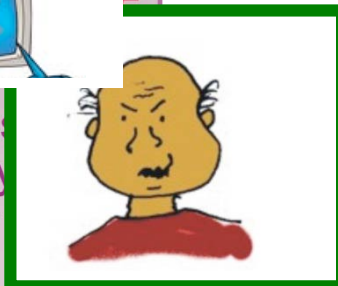


EMAIL MESSAGE

Bad people trick you. They can make you like you.



A bad message may ruin your computer or spread a virus.



Webcams and Cyber Bullying



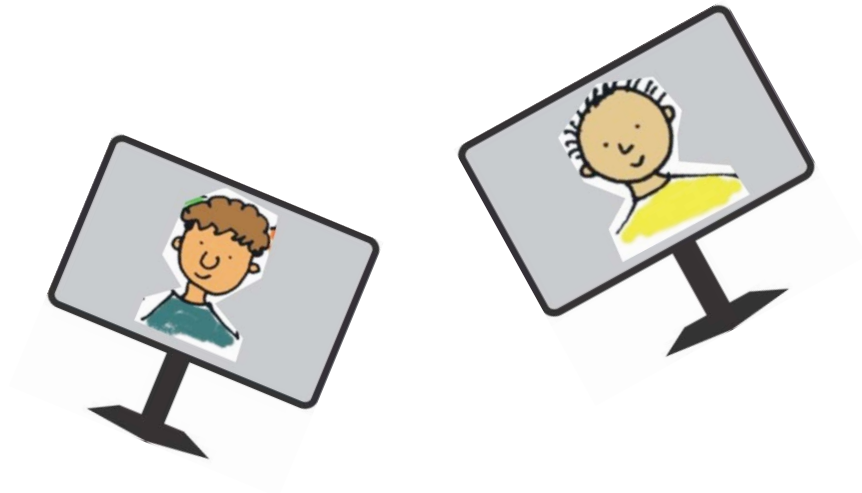
Types of Webcams:

- FREETALK®
- Everyman HD
- faceVSION
- TouchCam N1
- Logitech webcam

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WHAT IS A WEBCAM?

A webcam is a small camera in your computer, or attached to it. It lets you see the person you are talking to.

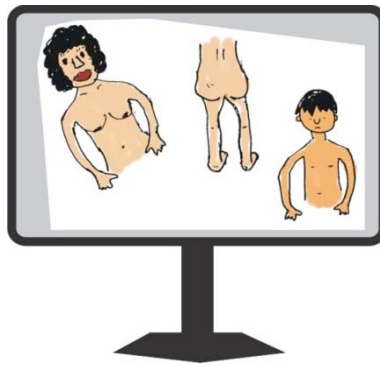


You can use a webcam to take photos or videos. These can be put on the internet for everyone to see.

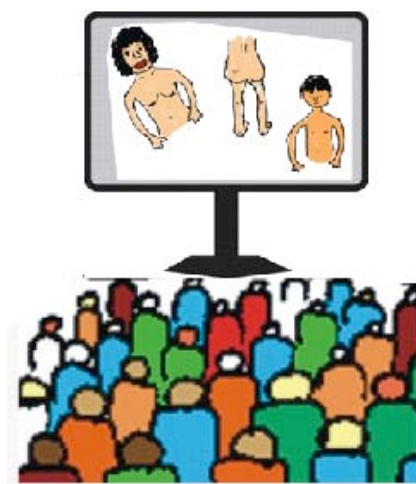


HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING A WEBCAM?

A cyber bully can use a webcam to do mean and hurtful things to you. A cyber bully can get you to take and send pictures, or videos that are private.



They can then send those private picture or videos to lots of other people that you don't know or don't want seeing them.



Social Networks and Cyber Bullying



Types of Social Networks:

- Bebo
- Facebook
- Flickr
- My space
- Friendster

- _____
- _____
- _____
- _____
- _____

WHAT ARE SOCIAL NETWORKS?



Social network sites are a great way for friends to meet up and stay in touch with each other by using the internet.



You can have a good time chatting with your friends....

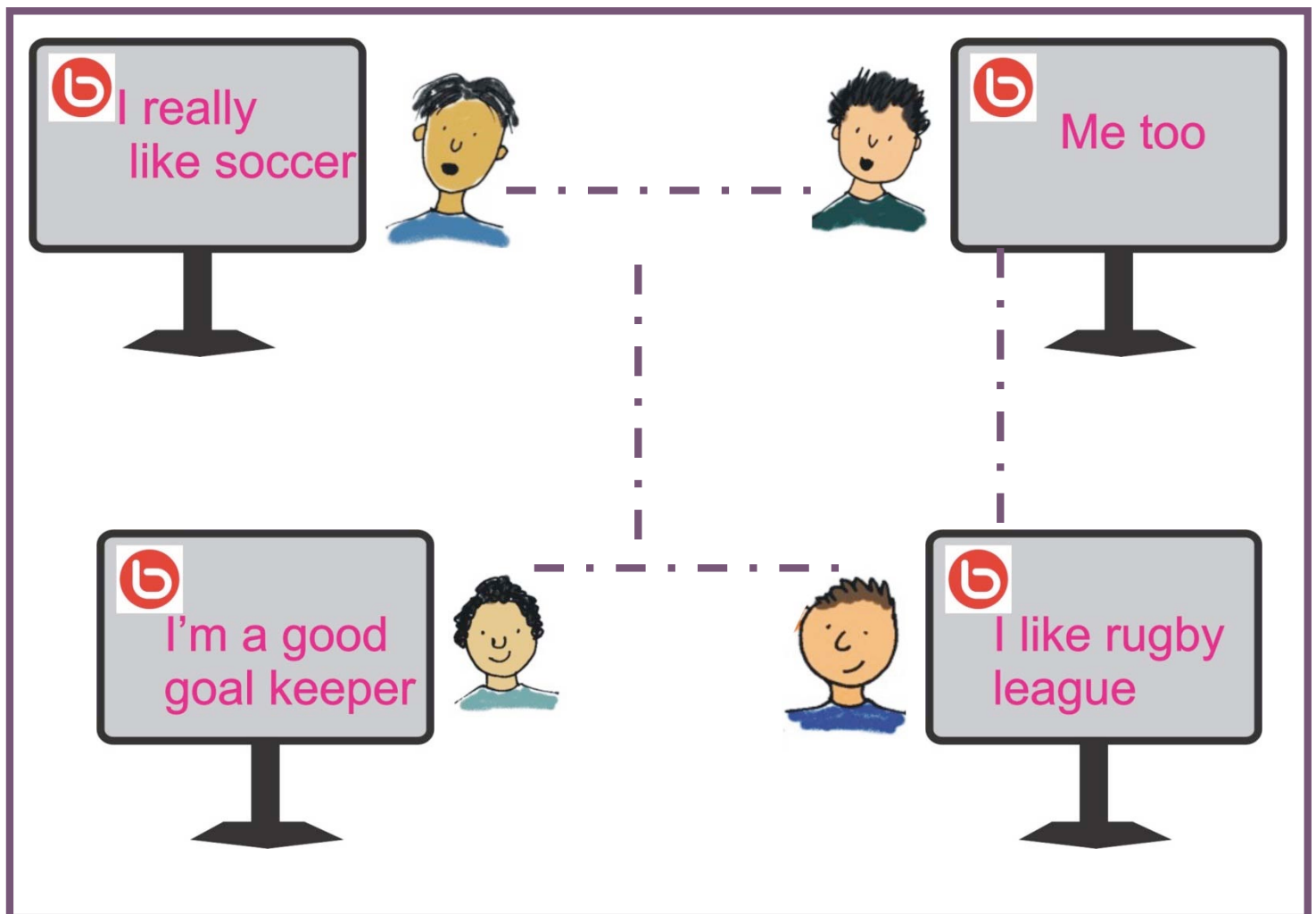
You can see what your friends have been doing



You can send messages



You can share your ideas and interests



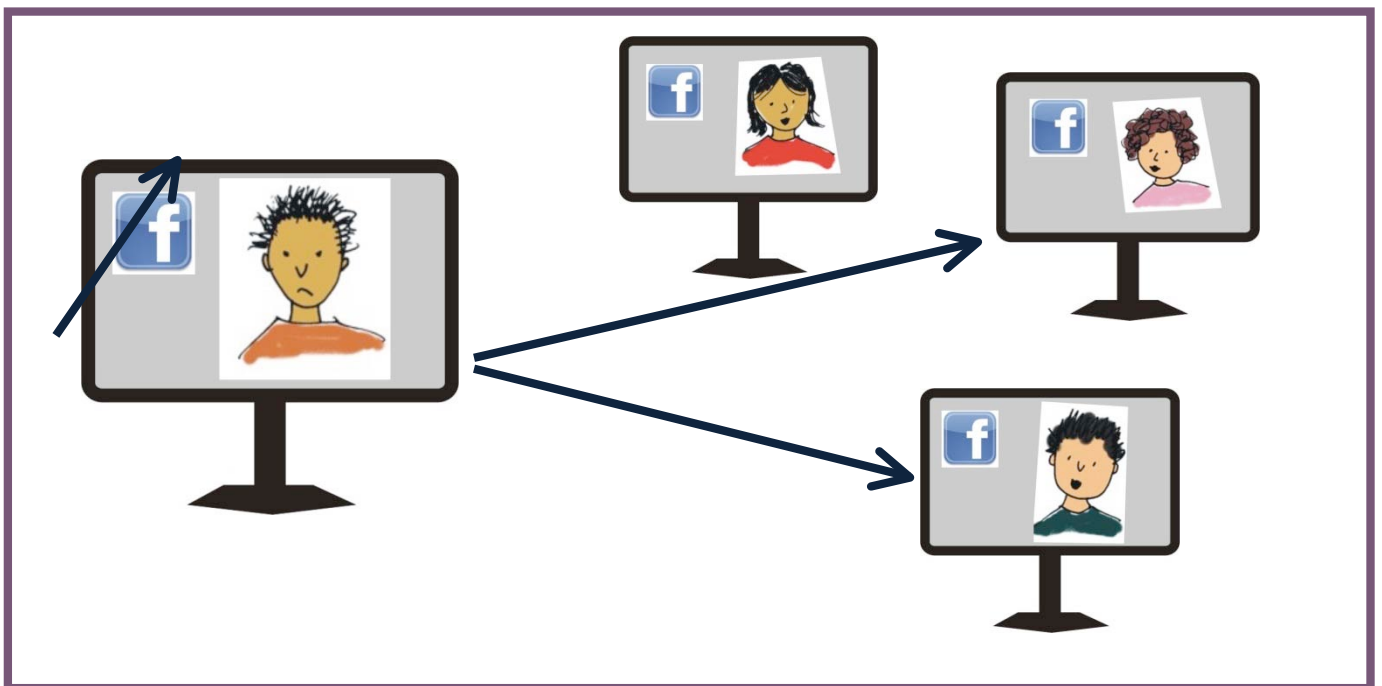
HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING SOCIAL NETWORKS?

Social networks can be used by A cyber bully can use a social mean and hurtful things to you.

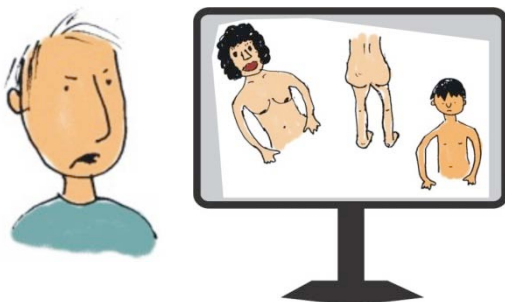


cyber bullies.
network to do

They can tell lies about you to your friends.



They can post rude pictures



They can write mean things



They can pretend to be
someone you know



They can find out private
things about you



Computer Gaming Sites and Cyber Bullying

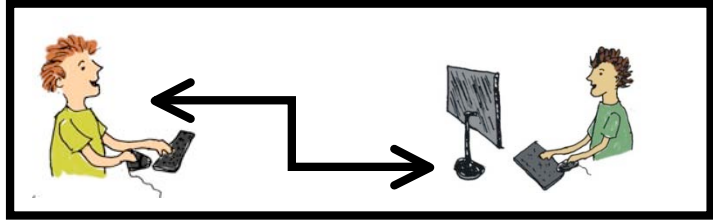


Types of Computer Gaming Sites:

- Action Games
- Adventure Games
- Bike/Car Racing Games
- Board Games
- Card/Dice Games
- Puzzle Games
- _____
- _____
- _____

WHAT ARE COMPUTER GAMING SITES?

Computer gaming sites are where you can play a game between 2 or more players.



You can play the game by yourself.



Computer games can help you develop your social skills, develop hand eye coordination, improve your problem solving ability, help you learn how to think more carefully and quickly.

You can try hard to win against other players.



You can try hard to beat your own records, and move up to higher levels.
You can make up your own virtual worlds and people.



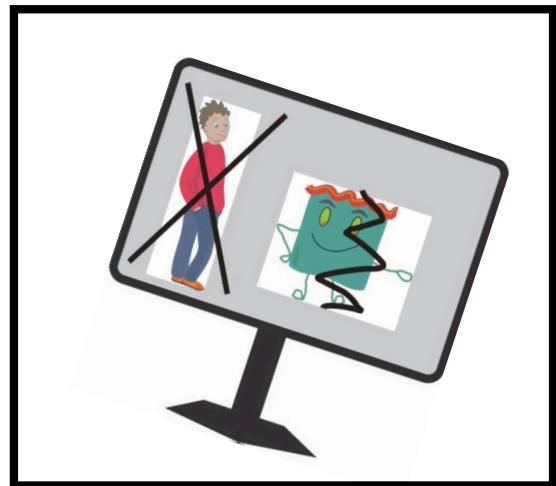
HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING COMPUTER GAMING SITES?

Cyber bullies can bully you in gaming sites.

They may call you nasty names
and say bad things to you .



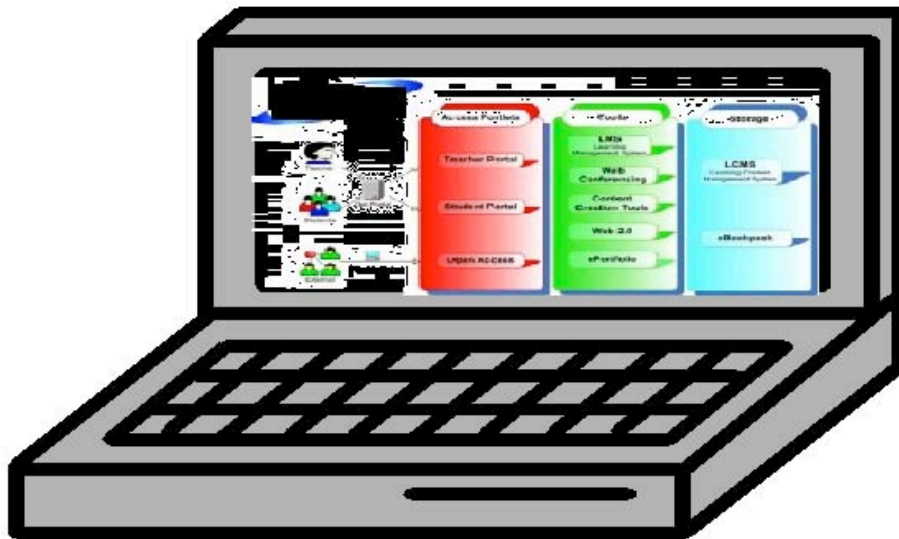
They may kill off your character
in a game.



They may send mean messages
about you to other players.



Virtual Learning Environments and Cyber Bullying



Types of Virtual Learning Environments:

- Moodle
- Blackboard
- .LRN
- Ecollege
- _____
- _____
- _____
- _____
- _____

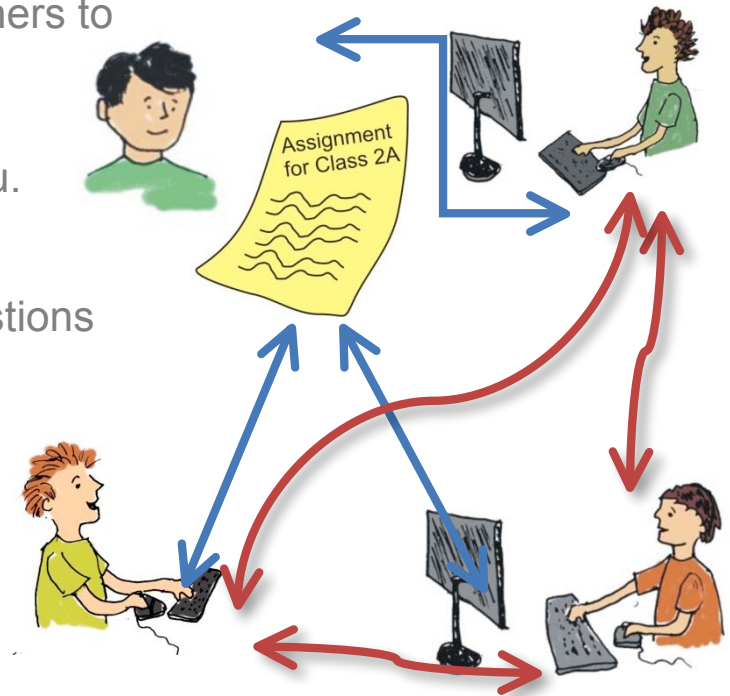
WHAT ARE VIRTUAL LEARNING ENVIRONMENTS?

A Virtual Learning Environment provides a good way for students and teachers to keep in contact.

- Teachers can send work to you.

- You can ask your teacher questions using your computer.

- You can share your work with other students.



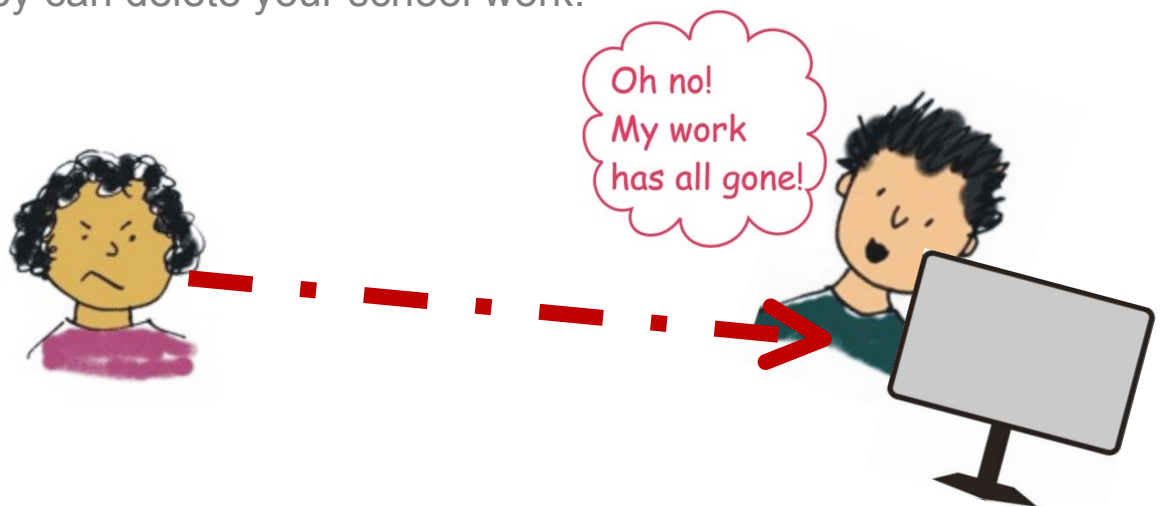
HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING VIRTUAL LEARNING ENVIRONMENTS?

Cyber bullies can use virtual learning environments to be mean by doing hurtful and nasty things to you.

They can send bad messages and bad pictures to you.



They can delete your school work.



Video Hosting Sites and Cyber Bullying



Types of Video Hosting Sites:

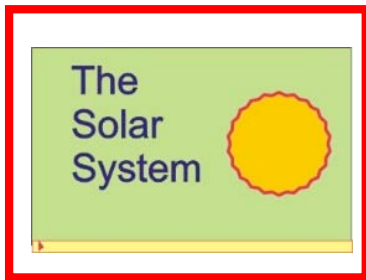
- ClipShack
- Daily Motion
- Flick Life
- Flukiest
- Go Fish
- _____
- _____
- _____

WHAT ARE VIDEO HOSTING SITES?

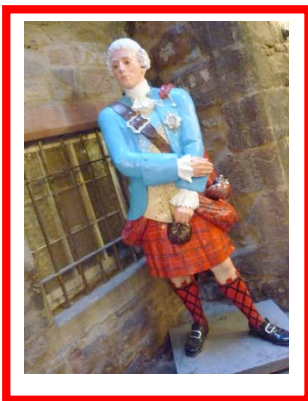
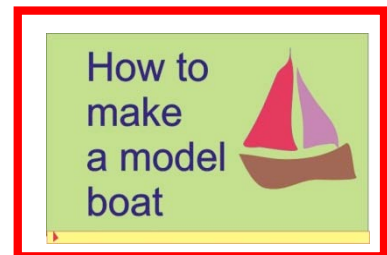
A video hosting site is a place where you can show videos that you make yourself. It is a great place to watch all sorts of videos made by lots of other people.



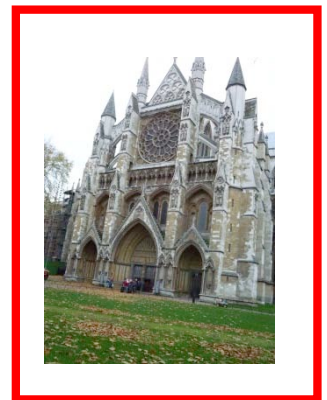
You can watch videos



You can learn new information



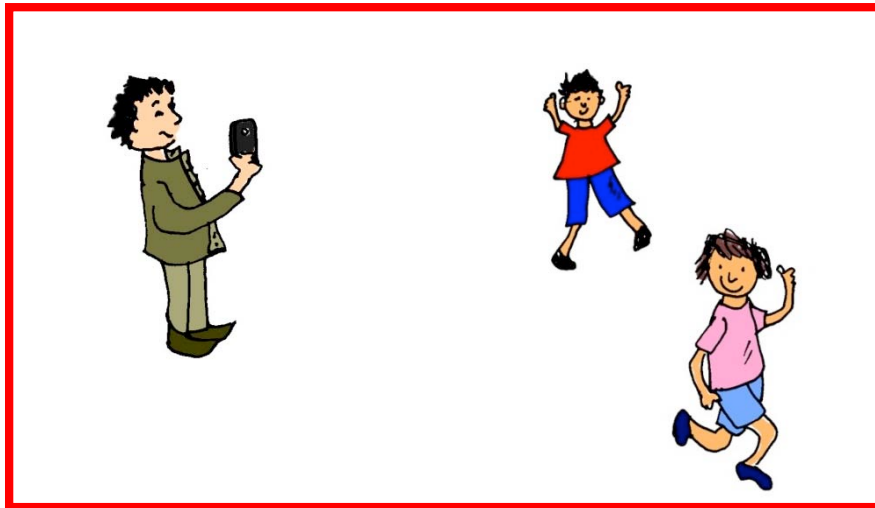
You can see people and places from all over the world.



HOW CAN YOU BE CYBER BULLIED WHEN YOU ARE USING VIDEO HOSTING SITES?

Cyber bullies can put videos on video hosting sites too. They make and put videos on these sites that can hurt and upset lots of people.

A cyber bully can take a video of you and show them on the internet, without your permission.



Cyber bullies can do mean and hurtful things to you. They can video these things and show them on the internet for lots of other people to see.



PREVENTING CYBER BULLYING

PREVENTING CYBERBULLYING

(When using instant messaging, chat rooms, email, webcams, social networks, computer gaming sites, virtual learning environments and video hosting sites)

REMEMBER

Anything that you write, say or post on an internet site can get to **cyber bullies**, not just the people you are contacting.

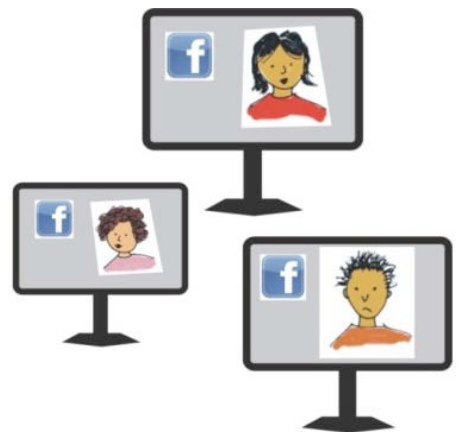
Friends are people you actually know.



These are my friends

Friends in cyberspace are only contacts.

Friends in cyberspace could be cyber bullies pretending to be nice.



These are my contacts on the internet

You must always be very careful

Whatever you put on an internet site

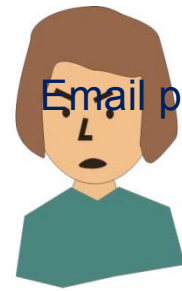
can easily get to the wrong people.

NEVER SEND PRIVATE DETAILS!!

These things are private:

Your email password

Other passwords



Email password



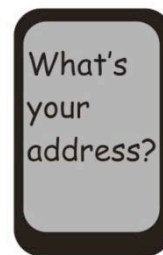
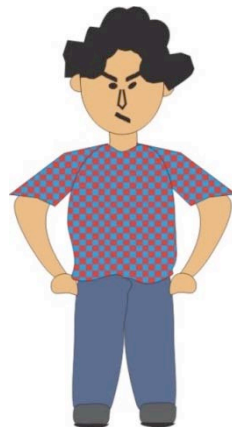
I won't tell you
I won't reply.
It's private.

Your real name

Your real address

Your age and birthday

Your phone number

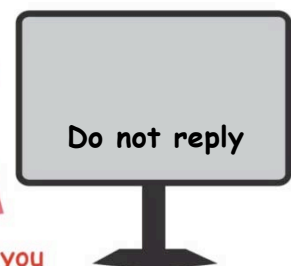
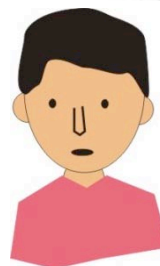


I won't tell you.
I won't reply.
It's private.

Information about your school

Information about your friends

Information about your family



I won't tell you
I won't reply.
It's private.

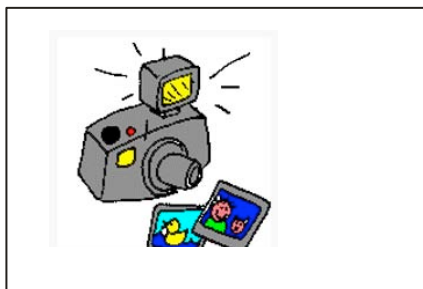
Always remember to write and post sensibly.

Never write or post mean or rude things.

Don't open emails if you are not sure who its from or reply to cyber bullies.



Never meet them in person.

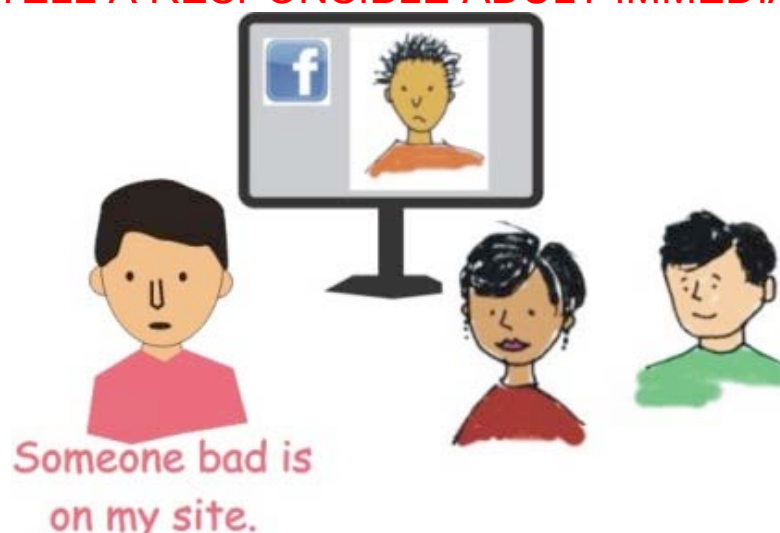


Think about photos and videos you want to post.

Ask a responsible adult to OK them first.

Cyber bullies can use photos and videos to embarrass or upset you.

If you are contacted by a cyber bully who is being mean or nasty or hurtful, you must always **TELL A RESPONSIBLE ADULT IMMEDIATELY**



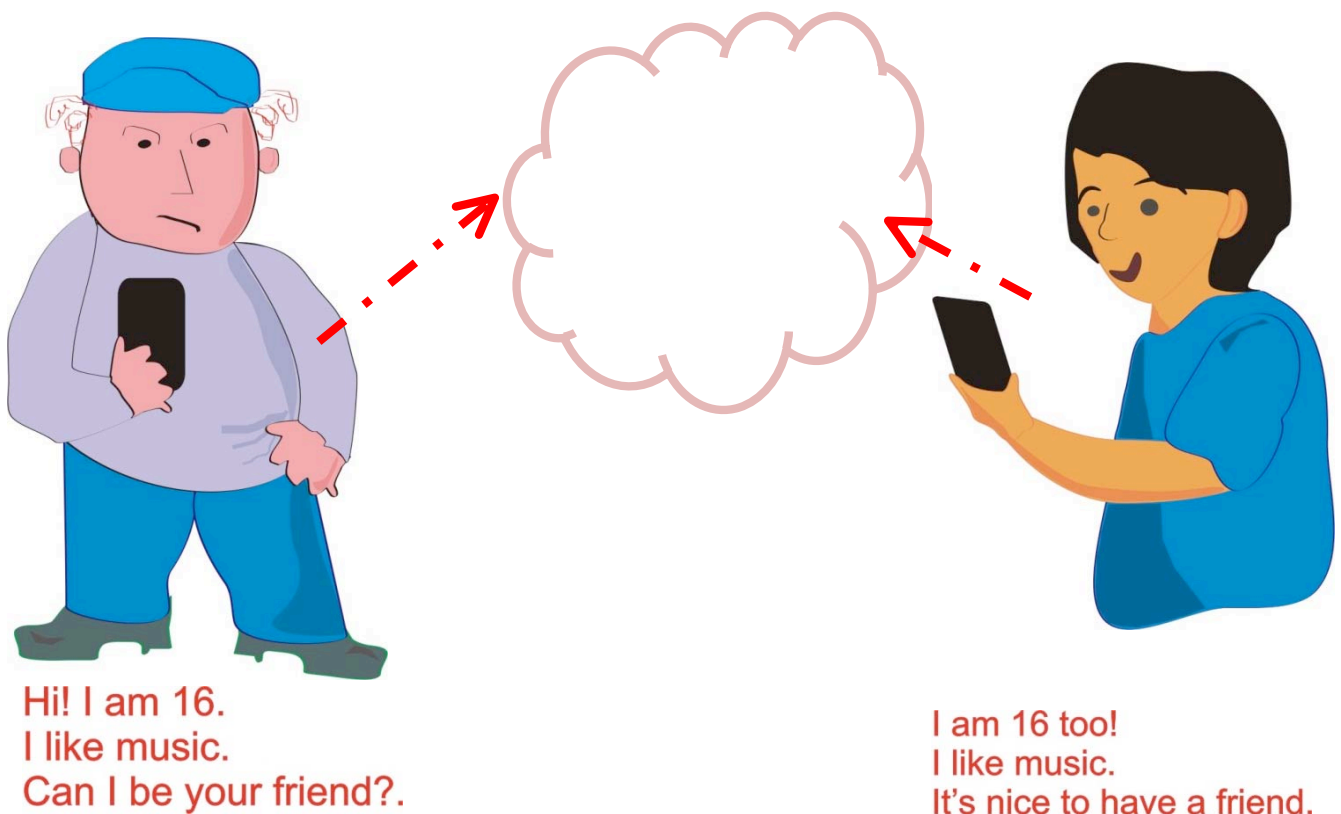
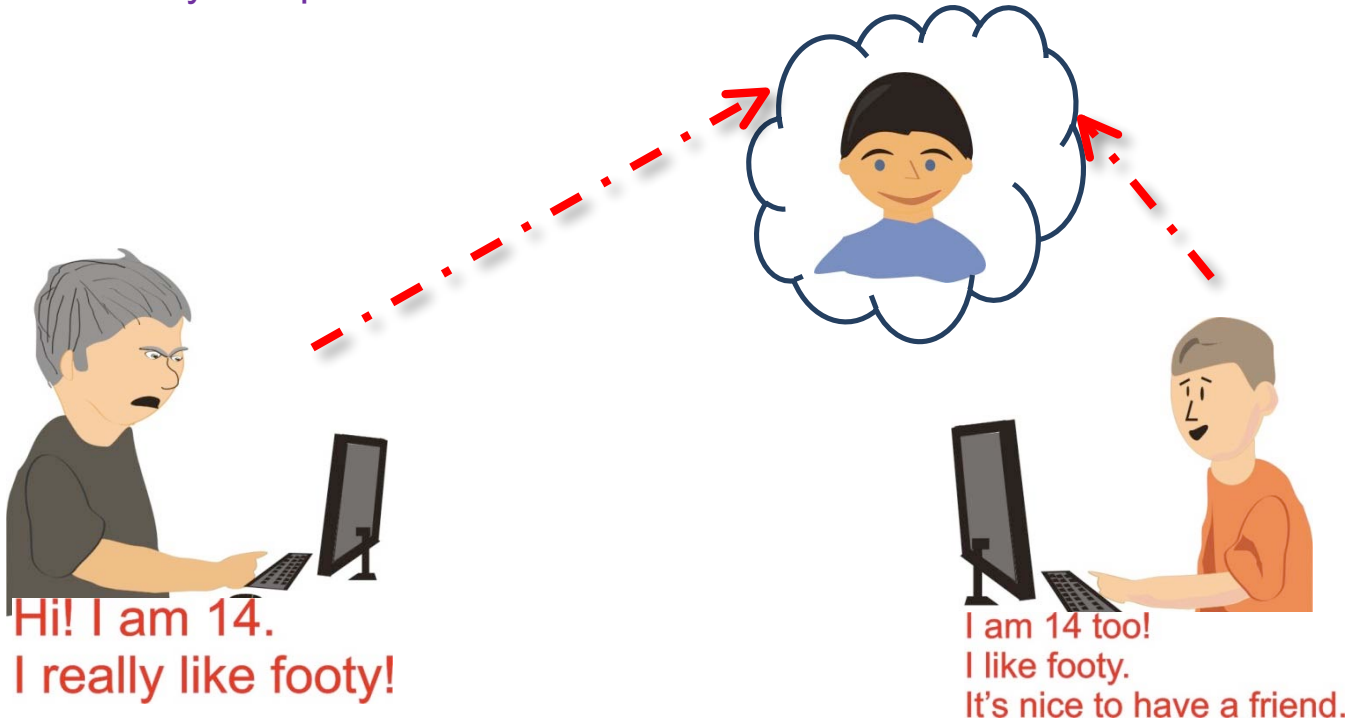
The internet is a place where cyber bullies can easily do bad things.

THEY CAN TELL LOTS OF LIES.

They can pretend to be good.

They can pretend to really like you.

They can pretend to be a nice friend.



BE CAREFUL!

Your new friend may be really nice.
about.

You may have lots to chat

Their photo looks really nice.....BUT

You must ask yourself: ***Is this really a nice person?***

Is this really their photo?



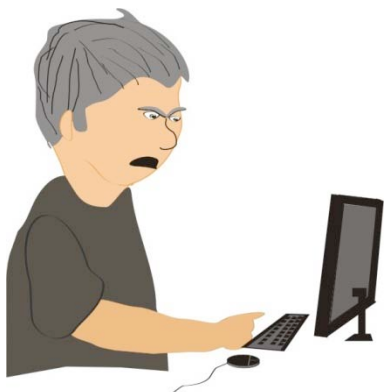
BEWARE



If your new friend wants you to keep secrets it could be a cyber bully.

If your new friend wants you to do rude things it is a cyber bully.

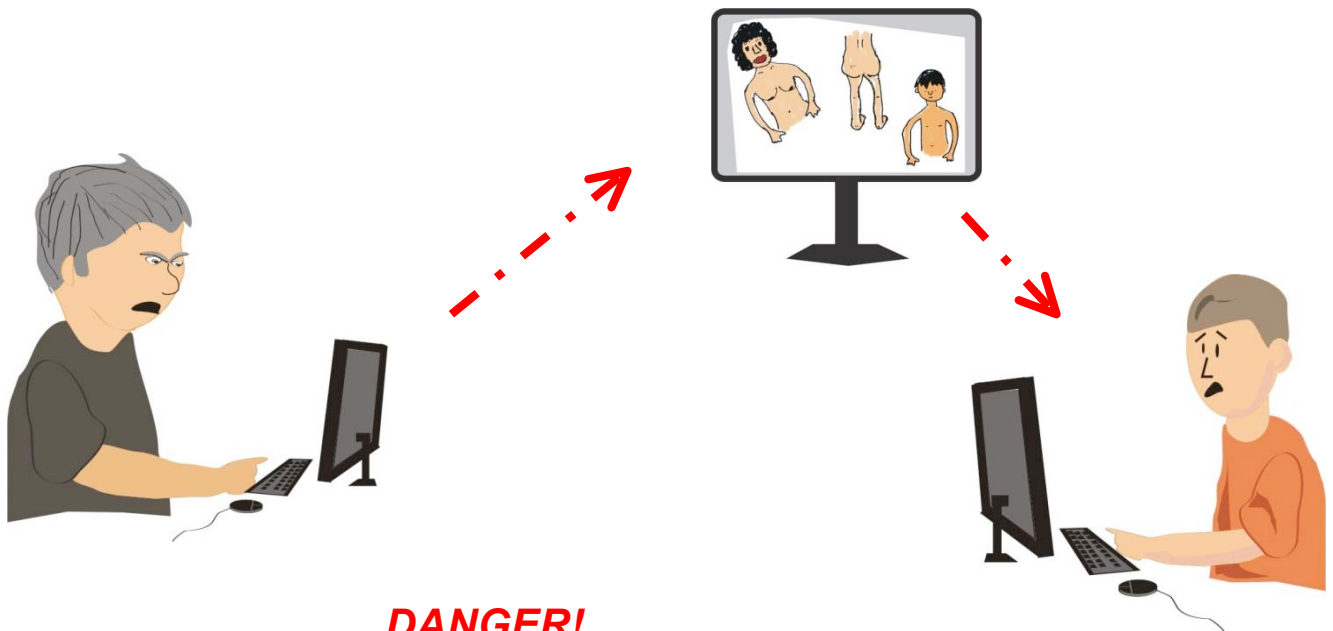
If your new friend sends you rude pictures, it is a cyber bully.



**Don't tell anyone
about me.**



**Don't tell anyone
that I am your
special friend.**



DANGER!

If your “friend” gets really nasty and says that they will hurt you or your family **THEY ARE A CYBER BULLY.**

If this person wants to meet up with you **THEY ARE A CYBER BULLY.**

They can hurt you.

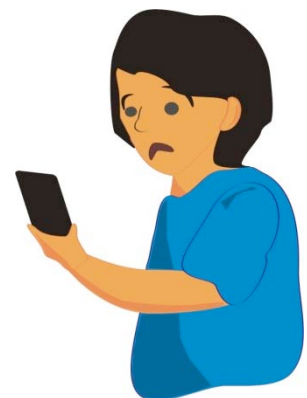
They can steal things from you.

They can stop you from going home again.

NEVER REPLY TO THESE PEOPLE



**Let's meet up.
Can you
meet me soon?**



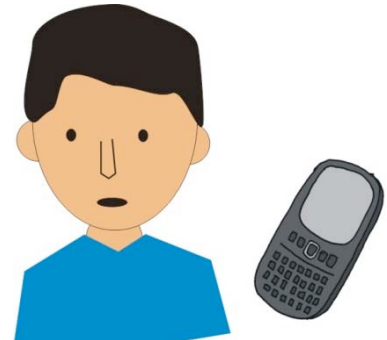
**NO!
I WILL NOT
EVER MEET YOU!**

DANGER! DANGER! DANGER!
YOU MUST TELL YOUR PARENTS OR CARER
OR TEACHER ABOUT THIS PERSON.
YOU MUST TELL THEM STRAIGHT AWAY

PREVENTING CYBERBULLYING

(When using Mobile Phones)

- Your mobile is **YOUR** phone.
- **ONLY YOU** should use it....no-one else!
- Only use it to text or talk to people you **KNOW AND TRUST.**



This is MY PHONE!
No-one else can use it!

- ***Be very careful*** with photos and videos.
- Don't let other people take pictures of you with their phones unless it is OK with you.



No you can't take
my photo. Don't do it!

- Never text or talk to people you don't know.
- Don't answer calls from numbers that aren't contacts.
- **ALWAYS REPORT ANYTHING BAD**
immediately to a responsible adult.



I don't know this number.
I won't answer.

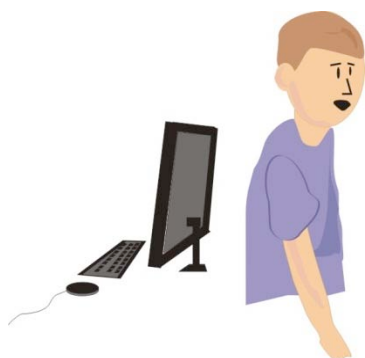
If YOU ARE BEING
CYBER BULLIED....

WHAT TO DO IF YOU ARE BEING CYBER BULLIED?

If you are being cyber bullied, you can make a smart choice by following these three steps.

1. You must never reply to the cyber bullies message.

Get away from your computer or turn your phone off.



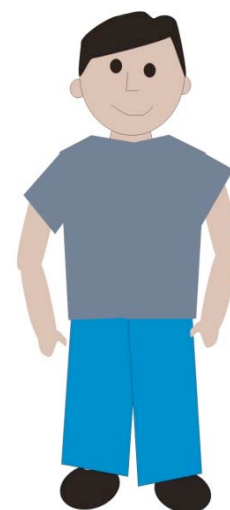
2. You must never delete a bad message.

It can be used to find out who the cyber bully is.



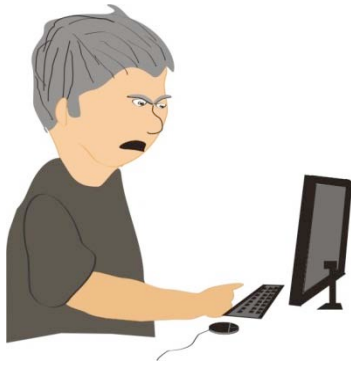
3. You must tell someone straightaway.

Tell a parent, carer or teacher.
They will help you with what to do.
They will find out how to stop
the person from bullying you.

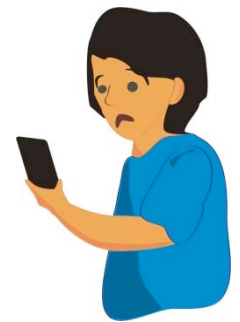


I will help you!

REMEMBER



This is not a nice message.
This must be a cyber bully



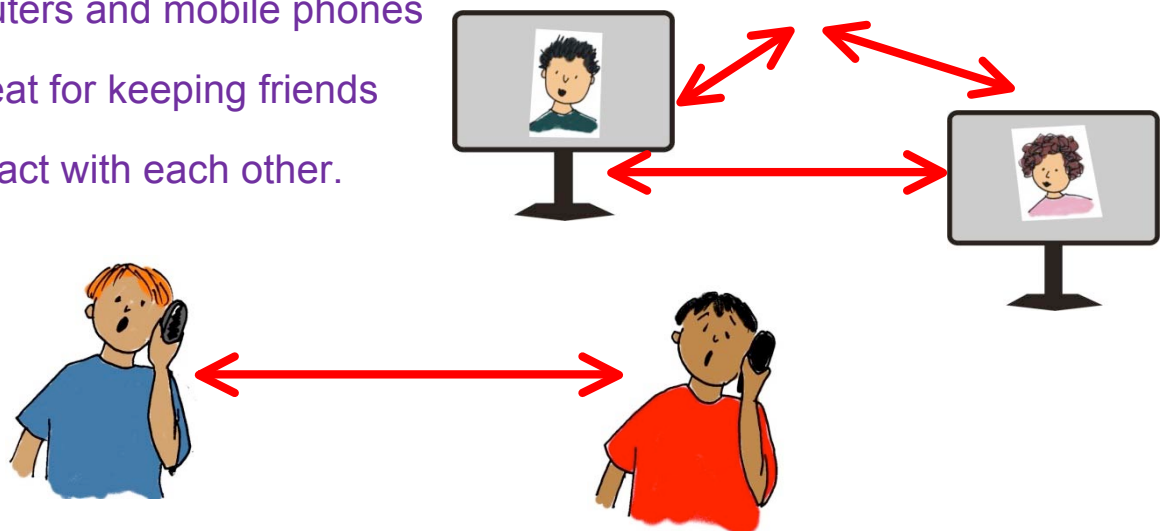
REPLY? **NO!**

DELETE? **NO!**

I will get help NOW!

CONCLUSION

Computers and mobile phones are great for keeping friends in contact with each other.



Real friends are real people you have met at home, at school, in clubs, in the community.

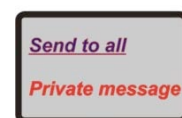


Sometimes you can have lots of cyber friends and contacts.

If you have not actually met them they are not real friends.

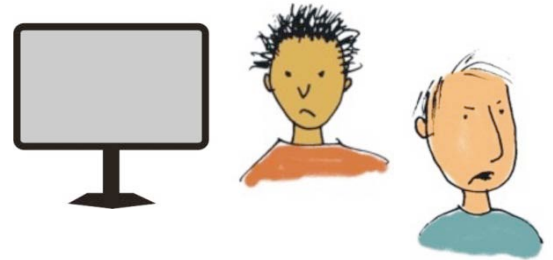
They are not part of your real life.

They are just contacts.

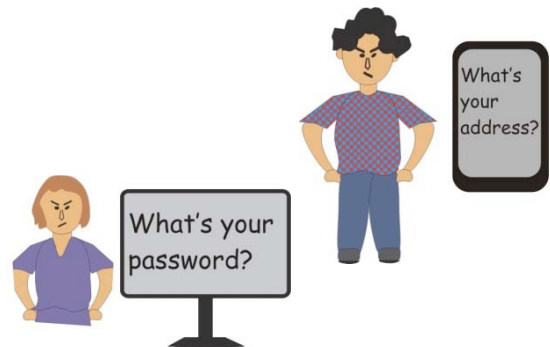


Sometimes bad people can get into your cyber world.

- They can pretend to be a friend.
- They can send mean messages.
- They can get you to do wrong things.
- They can do wrong things to you.
- They are called **Cyber Bullies**.

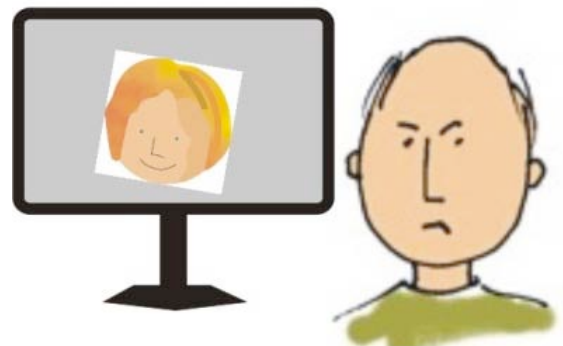


A Cyber Bully may be someone you already know, even someone at your school.



A Cyber Bully may be someone you don't know.

- They can pretend to be nice.
- Remember that you can't see them.
- Their photo ID may be fake.
- What they tell you may be lies.



*This a photo of me
i am 12 years old.*

Cyber bullies want you to trust them,

but... they are bad people

If anyone ever:

- sends a mean or bad message



- asks you to keep secrets



- asks you private things



- asks you to *do* private things



- asks you to meet up,



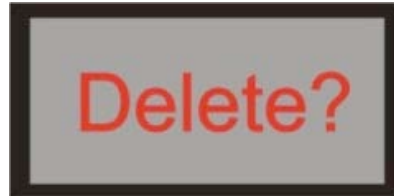
You must take immediate action...

Do not reply



NO!

Do not delete



No!

Get help



Cyber Bullying is wrong. ***It can lead to danger.*** It can make you very unhappy. It can make you scared. It can make you scared to go to school.

You must always be very careful in your internet activities.

You must always report anything that is bad or not right. Report it straightaway.

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