

If Your Child Is Targeted

- Save and print out any evidence of cyberbullying.
- If appropriate, report the cyberbullying to the school and/or police.
- Cyberbullying may be a violation of the “Terms of Use” of most web sites, Internet Service Providers and cell phone companies. You may be able to file a complaint with the company by providing a copy of the harmful messages or a link to the harmful material. Ask that the account be terminated and any harmful material removed.

What Educators Can Do

- Make sure ethics is included in computer classes.
- Teach children to tell a trusted adult if they know of someone who is being cyberbullied.
- Use filters and keep a close eye on computer use in classrooms and libraries.
- Place computers where they can be easily viewed by teachers or other school staff.
- Immediately investigate alleged incidents of cyberbullying.
- Incorporate cyberbullying into the school’s bullying prevention policy.
- Have parents and students sign an “acceptable use policy” that has a provision governing dangerous or abusive actions by students that affects other students, school staff or the school.



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FACTS ABOUT CYBERBULLYING AND PREVENTION TIPS



BUTTE COUNTY
SHERIFF’S OFFICE

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Please make as many copies as you need.**

What is Cyberbullying

Cyberbullying is a modern day form of bullying that utilizes the internet and technology (including cell phones) to harass, humiliate, intimidate, embarrass or threaten someone. Cyberbullying happens online through e-mail, instant messages, blogs, web logs and social networking sites and on cell phones through text messaging. Hurtful or offensive messages, provocative pictures or messages about others, and messages using someone else's username to spread rumors about others are all examples of cyberbullying.

Anyone can be the target of cyberbullying. Like bullying, a young person can be victimized because of the clothes they wear, their size, skin color, race, religion, gender, sexual orientation or physical/mental disability, etc. Cyberbullying can be a crime. If cyberbullying involves threats of violence, obscene language/materials or using someone else's identification, contact the police. If the cyberbullying does not rise to the level of criminal conduct and the bully's identity is known, civil actions can be considered.

Students, Parents, and
Schools need to work
TOGETHER to prevent
Cyberbullying.

What Students Can Do

- Break the code of silence
- Teach their peers about preventing cyberbullying and appropriate cell phone use.
- Do not share any personal information online.
- Refuse to forward cyberbullying messages.
- Don't say anything online that you wouldn't want to say offline or in person.
- Do not post personal information about your friends.
- Do not use actual personal information when setting up email or blog accounts.
- If you are cyberbullied– do not respond, tell an adult.

What Parents Can Do

- Monitor your children's Internet and cell phone activity.
- Have children show you what they do on the computer and scan for inappropriate content, photos, and graphics.
- Educate yourself about problems associated with using the internet and cell phones, and then share what you learn with others in the community.
- Put the computer in the living room, family room or common area so you can monitor your children's activity.
- Work with other parents, teachers, youth and community leaders to create posters to place around your neighborhood and schools defining cyberbullying and the effects of it on youth.

- If your child has a "blog" or belongs to a social network (e.g. MySpace, Friendster, Bebo, Blogger, Xanga, Facebook, etc.) check it frequently by conducting an Internet search of your child's name or screen name. You may have to create your own "profile" to access other social network profiles.
- Require your child to add you to their "friends" list.
- Restrict the people who can contact your children and restrict others from being able to add your child to their buddy list.
- "block" the sender. Most programs and social networks have the ability to "block" or "ignore" a sender. Use the "help" function for blocking instructions.
- Contact your Internet Service Provider to learn about parental control features.

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