

# le r 3 ea

## E y Cy B yn G P n

O` ]f `klm] fIk'n] fImj] 'gflg'l` ] 'O] Z\$` ] q'o Yf\] j'o] dglm'g^` ] j'f] a` Zgj` gg\k&O` ] f`l` ] q'l] pl` gf`l` ] j` [ ] dlh` gf] k\$` ] q` Yn] 'fgf klg` Y[ [ ] kk`lg` Y`ZjgY\`f] lo gic`g^`j`f\k\$`j`f\k`g^`j`f\k\$`Yf\` gl` ] jk&< a\_dYd] [ ` fgd`q`g^`j`k`mfhj] [ ]\`f] l`kg[ a`[ gdl`ZgjYl`n] \$Yf\`d`Yjf`\_ghhgj`mf`a`j`k`Zm` d`Ydg`[ Yjj`j`k`j`ck`&Klm] fIk`Z] kl`j] kgnj[ ] k`gj`k`Yqf`\_KY`] Yj] l` ] j`hYj] fIk`Yf\`l` ] e`k] d`f] k`& q` Z] f`\_Yf`\_f`gje] \`Yf\`[ ge`e`mf`q`Yl`n] hYj] f`\$qgm] fYZd`qgnj[ `dk`lg`] ph] j`f[ ] l` ] Z] f] p`k`g^` \`a`a`Yd[ ge`e`mf`q`Yl`n`o` `dk`k`YQ

f] o`hd`qf`\_P] dk`[ Yd` \`[ qz] jkhY[ ]`D`l` ] khY[ ]`o` ] j] h`ghd`[ ge`e`mf`q`Yl] `a`a`Yd`& qZ] j`Zm`d`f`\_ d`Zm`d`f`\_l` Yl` Yhh] f`k`gf`df] `gj`gf`[ ] dlh` gf] k`A`f`ngd`k`j] [ nj`f`\_l`j] Yl] f`f`\_gj`g^`f`kan] `a`a`Yd`[ ge`e`mf`q`Yl`g`f`k`k] f`l`g`h`gk] \`gf`df] `g`gj`YZgm`Y`h] j`kgf`& qZ] j`Zm`d`f`\_`[ Yf`Yc] l` ] `gje`g`2

¥` K] f`l`f`\_gj`h`gk`f`\_`] e`ZYjj`Ykk`f`\_gj`[ jn] dj`me`gjk`gj`l`j] Ylk`gf`df] `gj`n`l`l] pl`e` ] kk`Y`\_k

¥` A`kla`Yl`f`\_gf`\_gf`df] `` Yj`Yk`ke` f]

¥` A`l`] f`l`g`f`Yd`] p`[ d`h`f`\_k`ge`] gf`] `j`ge`gf`df] `\_j`gm`hk

¥` e` A` E` ---` ---` a`

¥` K`l`] Yd`\_Y`m`k] j`f`Ye] Yf\`h`Ykko`gj\`gj`[ ] d`lh` gf] \$Yf\`l` ] f`æ`h] j`kgf`Yl`f`\_l` ] `f`l`n`a`m`Yd`g` `Yje` `` d`gj` `` j`j] h`m`Yl`f`gj`[ Ym`k] `l`j`gm`d`

¥` J`[ gj`l`f`\_h` gf`] [ gfn] j`k`Yl`f`k`k] [ j] l`d`\$Yf\`l` ] f`h`gk`f`\_l` ] [ Yd`k`gf`df]

¥` ;` j] Yl`f`\_`[ gf`j`gf`Yl`f`Yd`j`e`] Yf`%`h`j`a`] \`gf`df] `h`gd`k

¥` K`Yd`f`\_

O` a` `Yf`q`Y`\_`\_j`gm`h`d`nm`f] j`YZd`\$l`]] f`%`\_`\_j`k`Yf\`q`gm`f`\_Y`m`k`Yj] `e`g`k`[ ge`e`gf`q`Yj`\_`l`] \`3[qZ] j` Zm`d`f`\_`k`Y`\_j`go`f`\_h`j`g`Z`d`e` `f`k`[ `gg`d`&

## Where Does Cyber Bullying Occur?

Cyber bullying can occur on any type of digital communication tool, including:

¥` : d`l`\_k

¥` ;` Yl`j`g`e` k

¥` =%` Yd`

¥` >g`m`e` k

¥` ?`Y`e` f`\_`O` Z`k`a`] k

¥` A`k`l`Y`f`l`e` ] k`k`Y`f`\_

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## How Prevalent is Cyber Bullying?

NYagmk' O] Z'ka] k\$km[ ` Yk' ] ; qZ] jZm~~th~~9djl'O] Z'ka] ..  
žoo&qz] jZm~~th~~Ydjl&ge 'Zdjl\*(O'(O[qZ]j%~~th~~ %kYikljk% Yl% Yq% g[c%gpm!\$  
[d] Qo Yjf\_ka\_FkYikljkYZgm'l' ]\_jgoaf\_`j] YlYf\j] h]j[mkkafk'g^[qZ]jZm~~th~~f\_&  
<g[m] f] \bf\af\_kaf[dh] 2  
¥ , (h]j[]f]g^Ydjl]]f%\_jk'od` Af]jf] lY[[k]k^Yn]j]hgjl]\Z]af\_Zm~~th~~\gfdf]\mjaf\_`] ..  
hYkl'q] YjZF YlafYd; jæ ] Hj]n]flaf; ]f]j\$ooo&[h&j]!&  
¥ ? jdk'Yj] e gj] dcl]qf]l Yf'Zgqk'lg'Z] [qZ]jZm~~th~~\\$Yf\`] e gj] lœ ]\_jdk'kh]f\gfdf] \$l`] e gj] ..  
dk]qf]l]q'o ad]ph]jdff] [qZ]jZm~~th~~f\_`H)o J]k]Yj[`] ]f]j\$ooo&[oaf]jf]l&j]!&  
¥ Gfaf) (h]j[]f]g^cak'o`g'o]jj] Zm~~th~~\lgd`] j'hYj]fIk'YZgm'dZF YlafYd; jæ ] ..  
Hj]n]flaf; ]f]j!&  
¥ Gfaf) - h]j[]f]g^hYj]fIk'Yj] Yo Yj] g^`] j`[` adk'kg[a'df]lo gjcf\_`YZakZF YlafYd; jæ ] ..  
Hj]n]flaf; ]f]j!&  
¥ L`] e gkl[ge e gf'njl'mYdjl[Ylafk'gj] [qZ]jZm~~th~~[`Yl]jgge k\$kg[a'df]lo gjcf\_`O]Z ..  
ka]k'km[ ` Yk'>Y[]Zggc!\$]e Yd\$Yf\`fkYf'e]kkY\_]kqkl]e kZF YlafYd; jæ ] ..  
Hj]n]flaf; ]f]j!&  
¥ O`ad[e gj] l`Yf'g^af\anamYdk'o`g^Yn]Z]f[qZ]jZm~~th~~\cfgo`] j`YIIY[c]jk ..  
ž ge e gf'K]f]E]\\$ooo&ge e gf]fk]e]\\$&j]!\$, +h]j[]f]\gfgl`H)o J]k]Yj[`] ]f]j!&  
¥ -+h]j[]f]g^l]]fK'Ye af]k]f\af\_`mjlmde]kkY\_]k'ž ge e gf'K]f]E]\\$&!  
¥ @a` Af]jf]l m]jkYf\`]im]f]kg[a'df]lo gjc]jk]ph]jaf[]`a\_]j`Yf'Yn]jY\_]d]n]dkg^`  
gfdf]`YjYkke]f]gj]Zm~~th~~f\_\$m~~th~~gf] % j`z, h]j[]f]Yj]`klj]kk]\Zq'gfdf]`YjYkke]f]l&` ..  
klm]q\$O`klj]kk]\O)i mY]`lg'Qplj]e]phi'gj'n]jq'mhk]`gj'YjYkke

## How Do Youth Who are Cyber Bullied Feel?

9k'af`Yfq[gf]jgf]YlafYdkamYlaf\$klm]fIk]jY[l'a^]f]phi'lg[qZ]jZm~~th~~\h]f\af\_gf`]h]jkgfk`  
afngd]`Yf\`]`]n]fIk'kmjgmf\af\_`]`gfdf]Zm~~th~~f\_&9[`gj\af\_lg`]H)o J]k]Yj[`] ]f]j\$ooo&  
hloaf]jf]l&j]!\$kge]j]k]Yj[`km]kIk`Yl'o`ad`ka\_fab[Yf'l'hgj'afk'g^l]fK'Yj]`fgl'Zgl`]j]\Zq'  
gfdf]`YjYkke]f]gj]Zm~~th~~f\_\$m~~th~~gf] % j`z, h]j[]f]Yj]`klj]kk]\Zq'gfdf]`YjYkke]f]l&` ..  
klm]q\$O`klj]kk]\O)i mY]`lg'Qplj]e]phi'gj'n]jq'mhk]`gj'YjYkke

Klm]fIk'o`g`Y[]`klj]kk'md]n]dk'g^[qZ]jZm~~th~~f\_`]ph]jaf[]`kljgf`]`]df\_k`Yl`Yf`Yjjq` ..  
gn]j`af`lg`]`]j`g'Bf]`dn]k& qZ]jZm~~th~~f\_`[Yf'eYc]`qgnj`[`ad`Y[l'mf`YjYl]jkljk`Yd\$Yf\`ka\_fk` ..  
g^`klj]kk`Yl'e a`l`af`Yl]`qgnj`[`ad`k]ph]jaf[f`\_gfdf]`YjYkke]f]l`af[dh]2

¥ 9ng`af`\_`]`[ge hm]j\$[]`dh`gf]`Yf\`gl`]j`a`Yd[ge e mf`Ylaf`]na]k` ..  
¥ 9hh]Yjaf`mhk]`gj'klj]kk]`o`]f]j]`[`anf\_`]e Yd\$Yf\`fkYf'e]kkY\_]k\$gj`l]pl'e]kkY\_]k ..  
¥ 9ng`af`\_[gf n]jkYlafk'YZgm`[ge hm]j`m` ..  
¥ O`ad`Yf\`jge`Yf\`Yf\`j`f\`k ..  
¥ 9[laf\_`]`[Yf\`lg`YII]f\`k`g`Yf\`kg[a'd]n]fIk ..  
¥ <`[`df`\_`jY\`k ..  
¥ <`khd`qf\_`p`[`kk]`f`\_Yl]`a`]`]df\_k\$km`Yk'kY\`f]kk`Yf\_]j\$`j`mkljYlaf`\$æ hYlaf`[]` ..  
Yf\`af`lgd]Yf[] ..  
¥ ; jqf\_`gj`fg`YhhYj]f]j]Ykgf ..

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¥ @Ynaf\_`ljgmZd`kd] haf\_

¥ <akhdqf\_`nf[ `YjY[I] jdklq\_`d n] dk g^h` qkq Yde Yd\`q k\$km[ `Yk klge Y[ `hYaf k`Yf\ ``] Y\Y[ `] k\$gj `d[ c`g^Yhh] l\] Yf\ T` jgo af\_`mh

¥ K` go af\_`ka\_f k`g^km\`a Yd\` gm\_` lk

A`Y\`a\`g\`f \$Zm\`d\`g^Yd\`qf] k`[ Yf j] kmd\`f T` ] `g\`go af\_`k` gjl%Yf\ `gf\_`%je ] ^[[lk`kme e Yjar] \`jge O`Yl`Yhh] f\`gn] j\`ae ] lg`l` gk] o`g`Zm\`Yf\ T` gk] o`g`Yj] nd\`l\`a\`r] \`Zq`HYlj\`a\`r` E[ <gm`Yd\`H` & \$LjY[ q`NYd\`f[ gmj`\$H` & \$Yf\ `K` ] q\`@qe ] d\`H` & \$j] l\`j\`n] \`jge ```llh2'ooo&\`nf`Yl\`g\`ge`j] 1j] f[ l`Yj\`d`J] \`W`Yl\`Yhh] f\`k\`G`n] j`&

## Possible Short-Term Effects

¥ 9f p\`lq

¥ Dgf] df] kk

¥ Dgo`k] d\`kl] ] e

¥ Hggj`kg[ `dk] d\%ge h] l] f[ ]

¥ <] hj] kk\`f

¥ Hkq[ `gkge Yl\`kqe hlge k

¥ Kg[ `do\`a` `jYo Yd

¥ K[ `ggdj] `mkYd

¥ K[ `ggdYZk] f] ] \`ke

¥ Hggj`Y[ Y\] e \`h] j`gje Yf[ ]

¥ H` qkq`Yd` ] Yd\` [ ge h\`f\`lk

¥ J mffaf\_`Yo Yq`jge `` ge ]

¥ 9d\`g` gdYf\ `jm\_`mk]

¥ Km\`a]

## Possible Long-Term Effects

¥ @a\_`jYl] k`g^`] hj] kk\`f

¥ Kg[ `dYf p\`lq

¥ HYl`g\`d\`Ydh] j\`[ l\`g\`f\`ke

¥ ?j] Yl] j`f] njgl\`ke `f`Y\`m\`gg\`

¥ ; `ad`gg\`Zm\`d\`f\_`k`Y` a\_`d\`e] e gjYZd`] ph] j\`f[ ] 3j] [ g\`l`[ l\`g\`f\`g^`l`] k] ] n] f\`lk`` Z] [ ge ] l\`jYm\`Yl\`e] e gj\`k\`l` Yl\`[ g\`f\`m\`f\`l`g`Y\`m\`gg\`&

## How Can Parents Help Prevent and Protect Against Cyber Bullying?

O`ad`T`] `k`Yl\`k\`l\`k`Yj] `dkl] k\`f\`k`\$hYj] f\`k\\$k[ `ggd\`\$Yf\ `kY] l\`q`gj\`Yf\`Yl\`g\`f\`k`[ Yf\ `h\`q`Y`c] q\`jg\`f\` `] d\`f\`\_`[ `ad\`j] f\`[ gh] `h` - A`gh] `a`a

# le r 3 ea

## Unique Risks Associated with Children

F Yan] l‡\$[ n‡gk‡q‡ffg[] f[] \$\\] k‡j] ^gj †\] h] f\] f[] \$] Yj †g^hmf‡` e ] f† D†` ] k] f YlñjYd` [ ` YjY[!] j‡k‡k †g^qgm‡\_jgo †\_ [ ` ad` h] k] f† [ ` Yd` f\_] k †gj †qgmYk †qgmijq †lg` c] ] h †qgm‡ [ ` ad` kY] & 9‡Yqk` c] ] h †qgm‡ [ ` ad` Q` ] Yd` q` h] jkgfYd` ] n] †he ] f† †e †\`o` ] f †qgmYj] [ gfka] jf †o Yqk †g` hgl] [ ! Yf\] [ ge e mf † YI] †o` †qgm‡ [ ` ad` & q` k` go †\_ †qgm‡ [ ` ad` 1` YI †qgmj] kh] [ l` æ` gj` ] j †Yk` Y` e Ylñj †\_ †\`an‡mYd\$qgmio adZ] YZd` lg` e Yf † Yf` Y` ej] gh] f †[ ge e mf † Ylñjf [ ` Yff] &

## Get Tech Savvy

: ] `gj] †qgm‡ [ Yf †hgl] [ l †qgm‡ [ ` ad` \$qgm‡] ] \`lg] \m[ YI] †qgnjk] d&Qgmie mkl` Z] [ ge ] l] [ ` fgø\_‡ Yd` kYnnq` Yf\] \_Yf †pjk!% Yf\] ph] j‡f [ ` o` †gf‡f] Yhh‡ Ylñf k` Yf\] \`a‡Yd[ ge e mf † Ylñf †ggdk&Lg` d Yjf †YZgm‡ l] [ ` fgø\_q2

¥ Kh] f\] læ` ] †gf‡f] †Yf\] d Yjf l` ] A!l] jf] lQ` [ YhYZad‡ k&

¥ =f\_Y\_ ] †qgm‡ [ ` ad` Zq` Ykc‡\_ †gj` \] e gfk‡Ylñf k` gf † go †lg` mkl` l` ] A!l] jf] l †gj †g` k` Yj] †o` YI` l` ] q` \`g` †gf‡f] †o` †qgm‡ l] hYlñf l †Yf\] d †qgm‡ [ ` ad` lYc] l` ] d Y\&F gl †gf‡f o adqgm‡ Yjf †YZgm‡ l` ] A!l] jf] l †Zm‡ qgmie Yq` Yf †ka` †f l` †g` † go l` ] q` g` l] f †mkl` †gf‡f] j] kgm‡ [ ] k&

¥ Ka\_f †m‡ †gj] [ d`kk] k\$] d` ] j †h] jkgf †gj †gf‡f] &

¥ LYd` o` †gl` ] j †hYj] fIk` YZgm‡ \`a‡Yd[ ge e mf † Ylñf † Yf\] l] [ ` fgø\_q` mkl` ] \`Zq` l` ] j` [ ` ad` j] f &

¥ 9kc` l] Y[!] jk` †gj †km\_\_] klfk` gf † go †lg` d Yjf † ej] †YZgm‡ l] [ ` fgø\_q&

¥ K

Ak

•

a f] lQ` [ YhYZad‡ a

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¥ E g\] d\_gg\ [ge hm\] j `` YZ\k\Yf\ h\j Y[ l\] k\\$km\ `` Yk\Yng\af\ gf\df\ `` k[Ye k\\$]\ d\af\\_ `` knkh\ agn\k\ e Y\k\o\ a\ gm\gh\ f\af\\_l\ ] e \\$Yf\ Yng\af\ e Y\phi Yj\ &

¥ O Y\c\Zq\\$k\ ] o` Yl\Q\ g\af\ gf\\$Ykc\ i\ m\ k\af\ k\\$Yf\ f\af\ jn\ f\ ] o` f\ f\ ] k\kYj\ q\&

¥ : ] j\ Y\at\YnY\Zd\ o` f\ qgnj\ [ ` \o\Yf\l\lg\k\ Yj\ Y\O\ Z\k\] g\j\ o` Yl\Y\j\ f\ \k\ `` Yl\af\ YZgm\&

9f\gl\ ] j\Z\] f\ b\g\^ Ynf\ \_ [ge hm\] jk\af\ Y\ [ f\l\j Y\c\ a\ `` %j Y\p\ [ \u03b3\Yl\af\ k\la\ Yl\ hgk\% l\an\ gf\df\ ] \af\ ] j\Y[ l\af\k\o\ a\ qgnj\ [ ` \o\ & > g\j\ p\Ye h\q\\$qgmie a\ l\h\l\q\Yf\ gf\df\ ] \_Ye\ ] o\ a\ ] Y[ `` gl\ ] j\\$ o\ a\ [ gm\k\Z\] Yk\k\ae\ h\q Yk\Yhmr\j\ [ ` Y\o\ f\ ] \\$\o\ : ] \h\o\ d\ \\$gj\ K[jYZZ\] 3j\] k\ Yj\ `` Yl\gh\ qgnm\ `` Yn\ Z\] f\ l\Y\af\ \_YZgm\\$km\ `` Yk\Y\Ye\ \o\ n\Y[ Yl\af\ g\j\ k\ Yj\ ] `` g\Zq3gj\ [ j\ Yl\ ] Yf\ gf\df\ ] k\k\ k\ go\ g\j\ f\ o\k\l\l\ j\ lg\k\ Yj\ ] o\ a\ qgnj\ ] pl\ f\ ] `` Ye\ \o\k\ Yj\af\ gf\df\ ] h\j\gl\ [ l\k\ f\Yf\ k\qgm\Yf\ qgnj\ [ ` \o\ l\g\ d\ Yj\ f\ f\ ] o\ k\c\k\Yf\ Y\o\k\ qgm\lg\ km\h\ jn\k\ qgnj\ [ ` \o\ Q\ gf\df\ ] Y[ l\an\k\ k\&

## Talk Talk Talk

HYj\ f\l\k\o\ g\^ Yn\ l\] j\ Yl\ kl\ \ae\ h\Y[ l\gf\ c\] h\af\ \_l\] j\ [ ` \o\ j\ f\ k\Y\ ] gf\df\ ] k\l\Y\Z\k\ `` Yf\ \e Y\af\ Y\af\ gh\] f\df\ ] k\ g\^ [ge e\ m\ q\Yl\af\ & 9k\ Y\h\Yj\ f\l\\$Z\] h\j\g\Y[ l\an\ D\l\g\ f\gl\ o\ Y\l\ g\j\ qgnj\ [ ` \o\ l\g\ [ ge\ ] l\g\ `` qgnm\ a\ `` Y\h\j\g\Z\ e\ & K\Yj\l\ Y\ \a\ \o\ m\] Yl\ `` ge\ ] \\$e\ Y\af\ \_kn\j\ `` qgnj\ [ ` \o\ m\ ] jk\l\Yf\ k\o\ `` Yl\ [ g\k\l\am\] k\ [ q\Z\] j\ Z\m\af\ \_9k\ c\ qgnj\ [ ` \o\ \a\ \k\ m\k\af\ %\j\ge\ h\l\af\ \_i\ m\ k\af\ k\\$km\ `` Yk\2

¥ O` q\^g\qgm\ af\c\h\ gh\] [q\Z\] j\ Z\m\af\ gl\] jk\7

¥ @go\ o\ g\m\ [q\Z\] j\ Z\m\af\ \_e\ Yc\ qgn\] d\ @Yn\ qgn\ n\ j\ `` d\ l\] Yl\ o\ Yq\7

¥ @Yn\ qgn\ n\ j\ k\ f\ Y\ e\ Yf\ ] e\ Y\o\\$l\ pl\\$gj\ \E\ 7

¥ @Yn\ qgn\ n\ j\ k\Y\ \g\ h\g\k\ l\] `` Yf\ l\ af\ \_k\l\g\ gl\] jk\o\ f\ \_Ye\ af\ gf\df\ ] \\$\a\ ] j\ gf\ l\] [ ge\ % hm\] j\ g\ l\] d\ n\k\af\ 7

¥ @go\ o\ g\m\ qgnj\ Y[ l\ a\k\ge\ gf\] k\ l\m\ Y\Yc\ h\j\g\p\ gf\ Y\kg\ [ \af\ df\] l\o\ g\j\c\af\ \_k\] Yf\ m\k\ l\ a\ l\g\ e\ Yc\ m\ g\^Yf\ gl\] j\ k\m\] f\l\7

¥ @go\ o\ g\m\ qgnj\ Y[ l\ a\qgn\] j\ f\ l\ k\ f\ l\ k\ f\ l\ qgn\Yl\ pl\ e\ ] kk\Y\] l\ Yl\ af\ [ d\h\] l\ Yf\ ] e\ Z\Yjj\Ykk\af\ `` h\q\l\m\] g\^Yf\ gl\] j\ k\m\] f\l\7

¥ @go\ [ Yf\ qgn\h\gl\] l\ qgnjk\ d\ \j\ge\ [ q\Z\] j\ Z\m\af\ \_7

¥ O` Yl\ [ Yf\ qgn\ \g\ a\ qgn\] ph\] j\ \f\ [ ] [ q\Z\] j\ Z\m\af\ \_7

¥ O` Yl\ [ Yf\ qgn\ \g\ a\ qgn\cf\ go\ k\ge\ gf\] o\ g\ \k\Z\ af\ \_ [ q\Z\] j\ Z\m\af\ \7

¥ O` Yl\ [ Yf\ qgn\ \g\ a\ qgn\mk\] k\ge\ gf\] [ q\Z\] j\ Z\m\af\ \_gl\] jk\7

¥ O` Yl\ \g\ qgn\ af\c\Yj\ l\] `` h\g\k\Z\ ] `` [ l\k\ g\^ [ q\Z\] j\ Z\m\af\ \_7

D] l\ qgnj\ [ ` \o\ cf\ go\ l\ Y\ ] [ Yf\ [ ge\ ] l\g\ qgn\o\ f\ n\ j\ `` ] `` Yk\ Y\i\ m\ k\af\ g\j\ [ gf\ [ ] jf\ YZgm\ `` Z\] `` Yn\j\k\gf\df\ ] =f\ [ gm\Y\] qgnj\ [ ` \o\ l\g\ l\] d\qgn\m\ e\ ] \a\l\ \o\ ] f\ n\ j\ `` ] k\kn\kh\] [ lk\ [ q\Z\] j\ Z\m\af\ \_ \k\l\Y\af\ [ ] j\ \$j\ \_Yj\ \d\ k\k\ g\^o\ ] l\] j\ l\] [ q\Z\] j\ Z\m\af\ \_ \k\ `` Yhh\] f\af\ \_l\g\ `` \g\j\ gl\] jk\gf\df\ ] & q\Z\] j\ Z\m\af\ \_ \k\ `` Yje\ \m\Yf\ m\Yf\ [ ] h\Y\Z\] af\ Y\o\ g\je\ k\&

# le r 3 ea

## Preventive Action

9k Y'hYj] f1\$gqmo Yd'Y'bf] 'df] 'Z] lo]] f'j] kh] [laf\_ qgnj] [` adQ'hjanY[q'Yf\c] ] haf\_ qgnj] [` ad'kY] & A] Yd\$gh] f[ ge e mf d'Ylaf' o ad] kgh] 'e Yf q'akm] k\$Zm] Yl'læ] k'kY] lq[ gf[] jfk'e Yq'gn] jj& ] hjanY[q&L`] j] 'gj] \$Z] 'gj] [qZ] j Zm af\_ g[ [mj\$lyc] 'kge] 'hj] n] flan] Y[laf' Yf\ \ak[mkk'qgnj] 'Ye adQ'haf' o ad' qgnj] [` ad'kge] 'hj] n] flan] Y[laf' k'qgmie a\_ l'æ hde] f1'af[ dñ] 2

¥ L] dñqgnj] [` ad' l' Yl'qgmie Yq'j] nñ o'gf df] [ge e mf d'Ylaf' k\$af[ dñaf\_] e Yd\$kg[ adf] lo gjc% af\_ kñ] k\$! pl'e] kky\_] k\$Yf\ [` Yl'qj\_k&J] nñ o'f\_ o gjck'gf log'dn] dk&>jkl\$ad'Ydjo k'qgmlg' k] ] o' ] f'gl' ] jk'Yj] [qZ] j Zm af\_ g] Y[laf\_ 'f'Yhjhjñl] dñlgo Yj\ 'qgnj] [` ad' \$Yf\ k] [gf\ \$ad' ] f[ gnjY\_] k'qgnj] [` ad' lg'l' af'c'loaf] 'Z] 'gj] " ] 'gj'k] 'hgkik'gj'k] f'k'k'gfi] f1&

¥ ; gfkñ] j'mkñ\_ qgnj] Zjgo k] jQ'hYj] f1Yd[ gfljgd'] Ylñj] k'gj'af'klyd' \_hYj] f1Yd[ gfljgdkg'1% o'Yj] 'gj] dh' [gfljgd] q'kñ] k'qgnj] [` ad' [Yf'nakñ&kge] 'kñ] k'lg'nakñ' 'gj'e gj] 'f'gje Ylaf' Yj] ?] l'F] l'Oñ] z llh2'ca'k&J] lf'k] lo'k] &gj' 'lgd'! Yf\ 'Q' ggdk' Yf'k' hYj] f1kñ? mñ] z llh2' qY' ggdk' Yf'k'qY' gg&ge 'hYj] f1k'&L' 'k'o gjck'o] dñlgo' qgnf\_] j] [` ad' j] f\$Zm'e Yf'q'l] ] f'k'cf'go' ðo gjc% qgnf' kñkg' \g'f'gl' j] dñlgo' f'k] &9\_Yf' D'[ge e mf d'Ylaf' 'k'c] q]

¥ J] [j'mñ'gl' ] j' Yl'mdk' Yk'Yd' k\$af[ dñaf\_ gl' ] j'hYj] f1k\$! ] 'k[ 'ggde] \a' [f] j'kh] [ad'k\$ dñjYj' dñf'k\$! ] Y[ ' ] jk\$[ gmf k] dñj k\$Yf\ ] n] f' h] \a'ljaf'f'k'Qgmie a\_ l'Ydkg' j] Y[ 'gñ'lg'qgnj] j] dñagnk'af'klamñaf'k'gj] [dñk'Yk'] kgnj] [k'lg] ] dh' f[ gnjY\_] 'hgkñan] 'gfd'f] 'f' l] jY[laf'k&

¥ J] nñ o' l' ] 'k] lmñ'Yf\ 'hjgb' g'g] Y[ 'lgd'qgnj] [` ad' mñ] k'lg' [ge e mf d'Yl' 'gf df] 'Dkg[ ad' f] lo gjc'f'\_kñ] k\$Zdñ\_k\$gf df] 'Ye af'\_kqkl] e k\$Yf\ 'kg' 'gj] 'D'Yf\ 'e Yc] 'knj] 'qgmie a' o' g' [Yf'k] ] 't' ] 'f'gje Ylaf' Yf' 'o' Yl' 'f'gje Ylaf' 'k' hgnñ] \&

¥ K] l' [d'Yj' j'mñ'k'gj] [ge hmñ] j'mñ] Zq' ] ka\_f Ylaf\_ o' d' 'kñ] k'Yj] Y[ [ ] hlyZd' \$' go' dñf\_ qgnj] [` ad' [Yf'mñ] l' ] [ge hmñ] j\$Yf\ 'o' Yl' Ykck'Yj] 'Ydjo] \&=f[ gnjY\_] 'Y'\a'f'\_mñ' kg'qgnj] [` ad' [Yf'km\_] kl'kñ] k'Yf\ [gfljazm] 'ghaf'af'kñ] 'Yj\af\_ o' d' 'kñ] k'Yj] 'kñ] ] e] \ 'Y[ [ ] hlyZd' & q' ogjca'f'\_o' d' 'qgnj] [` ad' lg' \n] n] dñh' O'gnñ] j'mñ k\$O'qgnj] [` ad' o' ad'] de gj] 'n] kl] \ 'f' l' ] j'mñ k'Yf\ 'o' ad'Z] 'e gj] 'dñlgo' l'Ydñlgo' qgnmo' ] f' ] 'o' Yf'k'lg' j] nñ] 'gj' e g'aq'l' ] j'mñ k'>nj! ] j\$' 'Ynñ'k] l' j'mñ k' [Yf''] dh'c] ] h'qgnj] [` ad' Zf' [ge hmñ] j'k'Yj] 'Yk'o] dñYk' ] dh' hgnñ] 'Y' ZYdñf[ ] 'Z] lo]] f[ ge hmñ] j'mñ] Yf\ 'gl' ] j' Y[ lñññ'k&J] e af' \ qgnj] [` ad' l' Yl' ] j'mñ k'Yj] 'f'gl' [j] Yl' ] 'lg' hñf'k' 3l' ] q'Yj] 'j] Yl' ] 'lg' ] dh'k] l' [gfkñ] f1' ph] [IYlaf' k\$Yf\ ] f[ gnjY\_] 'h] Y[ ] Yf\ 'ZYdñf[ ] 'f' l' ] 'gñk' 'gñk' &

¥ J] kljaf' l' ] 'h] ghñ' o' g' [Yf'k] f\ [ge e mf d'Ylaf' k'Zq' ] dhaf\_ qgnj] [` ad' [j] Yl' 'kY] 'jaf' k' dñk\$mkñ\_ l' ] : dñl[ c' ] Ylñj] 'o' f'f] [ ] k'kYj q\$Yf\ [gfljgd' h'jg'b' k\$km' 'Yk'k' ] gpd fi' :

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Y J ] hgj l [ qZ ] j Zm~~af~~ \_ lg qgnj k[ ` ggd] n] f l` gm\_ ` k[ ` ggdg P[ a~~k~~ e Yq f gl Z] YZd lg \g  
Yf q` af \_ kf [ ] e gk l [ Yk] k g ^ [ qZ ] j Zm~~af~~ \_ g [ [ nj g ^ [ Ye hm k Yf \ Y1] j `` gm j k & O ` a] k[ ` ggd

^gl Z g"

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¥ <] n] phj[ qYj jm k Yf \ ] f 'gj[ ] l` ] e [ gf k\k\l] f l\o\&Hj Y\k] 'Ye at\ e ] e Z] jk'o` ] f l` ] q'Y\` ] j] ' lgjm k Yf \ 'g\o\o l` jgm\_ o\ a` f gfn\q\ f\[\$[ gf k\k\l] f l` [ gf k] i m\ f[ ] k'o` ] f l` ] jm k Yj] ' Zjgc] f&E Yc] l` ] 'g\o\o % jgm\_ j] d nYf l` l` ] jm\ &>gj ] pYe h\ \$a\q\gm[ ` ad\ k] f\k\l] pl` e ] kkY\_ k\m\j\af\_ qgnj 'Ye at\Q\O\gf% d [ l\jgf\q` " gnj\\$Yf Yhhjghj\l] [ gf k] i m\ f[ ] o\gmd\Z] ' l` Yl` qgnj[ ` ad\ \q\k] k'h` gf] h\j\an\l\_ k`'gj l` ] j] kl`g\q` " \Yq'gj`'gj Yf ] pl\Y` gm\ l` ] f] pl\Yq& ¥ : [ ge ] e gj] l` ] ' f g\o\o\_ qYd\ kYnnq\Gf\df] j] kgnj[ ] k'Yj] o\ a] q\YnYd\Zd\gf\df] &F Y\ \at\gf \$ qgnj\A\l] jf] l` Yf \ [ ] d\h\ gf] k] jn\q] h\jgn\l] jk\dc] q\g\q\j] d\h\md\ gje Yl\af& ¥ l] ad\qgnj[ ` ad\ l` Yl` [ qZ] j Zm\o\af\_ \k\ fgl` Y[ [ h\YZd\ &e e ] \A\l] q\af\l] jn] f] a\q\gmik] ] 'Yf q'ka\_f g^Y\\_\_j] kk\af\gf\df] &Hjgn\l] Yd] jf Yl\an] k\g\h\af\k Yf \ 'pje q\] ph\o\af\ l` Yl` [ qZ] j Zm\o\af\_ \k\ Y\ k\j\agn\k'e Yl\l] j l` Yl` qgnmo ad\ gl\lgd\jYl] & ¥ Dggc`Yl` l` g\B\af] Z] 'Yn\q\jk Yf \ 'Y[ l\j\fk\k\l` ] " ge ] &Kge ] l\ae ] k\\$gf\df] 'Y\\_\_j] kk\af\ e Yq' k\l] e 'j\ge 'j\mk\l\j Yl\af\ g\j h\Y\af\ m\k\an\l\af\k\l` Yl\g[ [ m\j\g\B\af] &A\g\B\af] 'Y[ l\and\k] k'Yj] 'Y\mk\af\_ \k\l\j] kk\\$h\Yd\lg\qgnj[ ` ad\ gj] 'Yn] 'Yf gl\ ] j] l\mk\l] \ Y\m\l\Yd\lg\qgnj[ ` ad\ & ¥ E g\] dj] kh] [ l\\$c\af\ f] kk\\$h\Yl\af\ f[ ] \\$Yf \ ] e h\Yl\ q\&l\j] Yl\gl\ ] jk'o] d\\$\af[ d\h\af\_ \qgnj[ ` ad\ &A\q\gmij] Yl\qgnj[ ` ad\ o\ a` j] kh] [ l\\$c\af\ f] kk\\$h\Yl\af\ f[ ] \\$Yf \ ] e h\Yl\ q\\$qgnj[ ` ad\ o\ ad\ Yj\ f] 'j\ge 'qgnj] pYe h\ & ] 'Yo Yj] l` Yl` \k\l\Yc] k'Y\q\af\%] je [ gf k\k\l] f l` ] 'Yf gl\ 'Yf \ 'Y\ q\af\ Yl\af& ¥ : m\k\af\gf\qgnj[ ` ad\ Q\af\l] j] k\k\Yf \ 'Yd\ f\k\Zq] f[ g\m\Y\af\ g\B\af] 'Y[ l\and\k] k\\$km\ 'Yk] 'd\Zk\\$ e m\k\af\ d\k\gf\k\\$f\gf\qgnj\ f\k\h\g\j\k\\$Yf \ 'n\g\af\l] ] j\af\ & ¥ K` Yj] qgnj[ gf[ ] jf k'o\ a` qgnj[ ` ad\ Q\l] Y[ ' ] j\\$[ gmf\k] q\j\\$h\j\af\ [ h\Y\\$gj` gl\ ] j] j] kh] [ l] \ Y\m\l\ & O\j\c\l\g\l] l` ] j\l\g\k] f\l\ Y[ d\Yj\ e ] k\k\Y\_ ] l\g\qgnj[ ` ad\ l` Yl` Yd\Zm\o\af\_ \e m\k\l\k\gh\& ¥ A\af] [ k\k\Yj\q\\$IYd\o\ a` Y\k[ ` gg\af[ gmf\k] q\j\g\j\ e ] f\l\Yd\ 'h\j\g\] kk\af\Y\& ¥ =ph\o\af\ lg\qgnj[ ` ad\ l` Yl` [ qZ] j Zm\o\af\_ \Yf \ 'gf\df] Y\\_\_j] kk\af\ [ Yf \ h\g\l] f\l\Yd\ 'Yn] " q\j\af\ \_\k\l\af\ [ gf\k] i m\ f[ ] k'Yl` l` ] k[ ` gg\af\k\l\j\af\ l\\$k\l\Yl] \\$\ ] j\Yd\\$Yf \ [ an\ad\ n] d\\$\af[ d\h\af\_ \l\l\af\_ \k\l\f\l\ " ge ] 'j\ge 'k[ ` gg\af\qgnj[ ` ad\ ad\m\k\af\_ \k[ ` gg\dh\h\j\gh] j\l\q\l\g[ qZ] j Zm\o\af\ gl\ ] jk!\\$ ] ph] q\af\ 'j\ge 'k[ ` gg\af[ ` Yj\ ] \o\ a` Y[ j\ae\ ] \\$Yjj] k\l] \ Zq\Y\h\g\af\ ] e Yf\\$gj] n] f\k\m\ \ Zq\ " Yf gl\ ] j\ 'Ye at\ & M\l\ae\ Yl] q\\$Y\h\j] f\l\Q\l] Yl] k\l\gg\dk\ [ ge e m\af\ Yl\af\ D'o` ] l` ] j\qgnj[ gf[ ] jf\k\l\g\h\j] n] f\l\\$ h\j\gl] [ l\\$gj] \ d\af\ Yl] [ qZ] j Zm\o\af\_ \af\ qgnj\ g\m\k] 'gd\&K\Yq\Y\j] 'Yf \ 'af\ 'gje ] \ \$Yf \ 'e g\k\l\g\^Y\af\\$ [ ge e m\af\ Yl] o\ a` qgnj[ ` ad\ D\q\gm\Z\gl\ " Yn] 'e m\ [ ` l\g\l\Y\af\ &

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NetSmartz

What To Do When Your Child is the Victim of Cyberbullying

[http://www.netsmartz.org/article/what-to-do-when-your-child-is-victim-cyberbullying](#)

NYU Study Center

The Internet at Home: Making it Work for You and Your Kids

[http://www.nyuscenter.org/internet-at-home-making-it-work-for-you-and-your-kids](#)

Pew Foundation

Cyberbullying and Online Teens

[http://www.pewinternet.org/2011/06/01/cyberbullying-and-online-teens](#)

Stop Cyberbullying

[http://www.stopcyberbullying.org](#)

Stop Cyberbullying, Parents Page

[http://www.stopcyberbullying.org/parents](#)

Teenangels: Cyberbullying Guide

[http://www.teenangels.org/cyberbullying-guide](#)

U.S. Department of Health and Human Services

[http://www.hrsa.gov/cyberbullying](#)

Wikipedia: Cyberbullying

[http://en.wikipedia.org/wiki/Cyberbullying](#)

Wired Kids, Inc.

[http://www.wiredkids.com](#)

Wired Kids, Inc, Stop Cyberbullying

[http://www.wiredkids.com/stopcyberbullying](#)

Wired Safety

[http://www.wiredsafety.org](#)

Yahooligans! Parents' Guide: Cyber-Bullying

[http://www.yahooligans.com/parents/guide/cyberbullying](#)