

Stay Safe on the Net

Internet Safety conference

*“Helping parents, teachers,
and students become more
aware of the positive and
negative aspects of our
online world.”*



RCMP

Aliant 

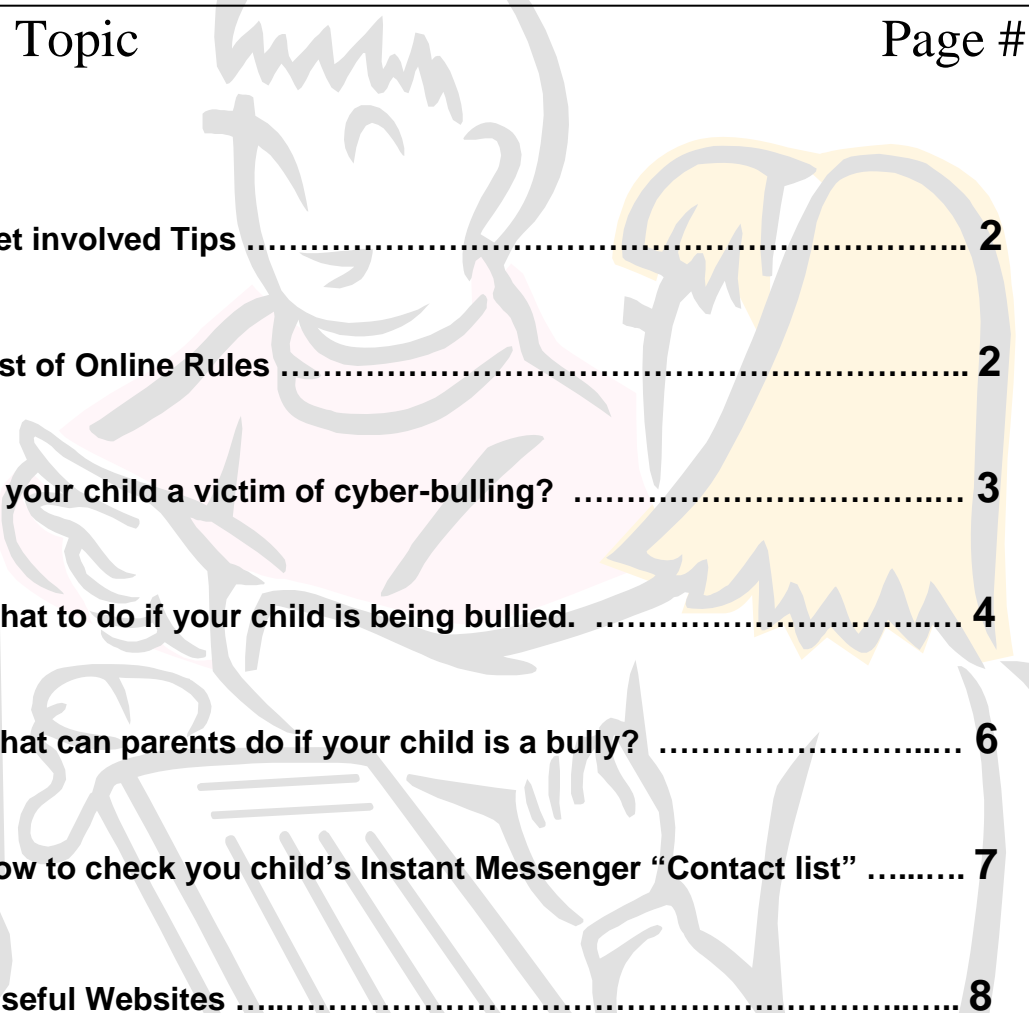


Internet Safety

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A faint, stylized illustration of a boy and a girl sitting at a desk with a laptop. The boy is on the left, wearing a pink shirt, and the girl is on the right, wearing a yellow shirt. They are both looking towards the laptop. The illustration is in a light gray color and serves as a background for the table of contents.

Get involved with your Child's online activities

Prepared by:
Eric Cote



- Keep the computer in a family area to better monitor your child's activity
- Regularly spend time online with your child to learn about his or her interests and activities
- Occasionally monitor your child's activities
- Limit the time children spend online
- Talk with your child about the people he or she is meeting online
- Try to be more of a guide and not a watchdog
- Pay as much attention to highlighting good content as to restricting bad content.
- Establish an atmosphere of trust and understanding with your child by not blaming him or her for uncomfortable online experiences.
- Teach your child to end any online experience when he or she feels uncomfortable or scared by pressing the back key, closing the program, logging off or ending the game
- Teach your child to tell you or a trusted adult as soon as possible when something goes wrong or is suspicious
- Stay involved

A List of Online Rules

Prepared by:
Eric Cote



1. If somebody says something to me, sends me something or I see something that makes me uncomfortable, I won't look around or explore, I will get my parents
2. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, passwords, the name and location of my school or send pictures of myself or family without my parents' permission
3. I will never agree to get together with someone I "meet" online without first checking with my parents
4. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that
5. I will stay true to what I know is right and won't be talked into doing something that I am not comfortable with or that I know is wrong.
 - I will not do anything that hurts other people or is against the law
 - I will think before I type: If I am not comfortable saying it in front of an adult, I won't say it online
 - I will respect others online: Rules for good behavior don't change just because I am on a computer
 - I will respect the property of others, Illegal downloading or copying music, games, programs is just like stealing if from a store
6. I will not do anything that could cost my family money unless my parents say it is OK
7. I know that not everything I read or see online is true and will ask my parents if I am not sure
8. I will not open up e-mails, files, or web pages that I get from people or places I don't really know or trust

Is Your Child is a Victim of Cyber-bullying?

Prepared by:
Michelle MacPherson
School District 2 Social Worker

“The best defense against cyber bullying for now is a watchful, involved parent, guardian, family member or friend.”

How do you know if someone is being cyber-bullied? Here are some signs to look for:

- Long hours on the computer
- Closes windows on their computer when you enter the room
- Is secretive about Internet activities
- Behaviour changes
- Is always doing homework on the internet, but always is in chat groups and getting behind with school work
- May find unexplained long distance telephone call charges
- Won't say who they are talking to
- May find unexplained pictures on the computer
- Trouble sleeping
- Stomach and headaches
- Lack of appetite, throwing up
- Fear of going out of the house
- Crying for no apparent reason
- Lack of interest at social events that include other students
- Often complains of illness before school or community events
- Frequent visits to the school nurse or office complaining of feeling sick – wants to call Mom or Dad to come get them
- Lowered self-esteem
- A marked change in attitude or habits
- Unexplained broken personal possessions, loss of money, loss of personal items
- Stories that don't seem to make sense
- Acting out aggression at home
- Missing or incomplete school work, decreased success in class

“Teach your child to communicate. If a child is being cyber bullied, do not accept the bullying behaviour as a problem your child has to live with. The bullying behaviour is the responsibility of the bully, not the person being bullied.”

What to do When Your Child is being Bullied

Prepared by:
Michelle MacPherson
School District 2 Social Worker

1. Teach assertive behavior:

Self-confidence is the first line of defense against bullies. This involves encouraging your children to express their feelings clearly, to say no when they feel pressured or uncomfortable, to stand up for themselves verbally without fighting, & to walk away. Standing up straight & looking the bully in the eye can go a long way in curbing bullying behaviors. Teach self-protection skills-how to walk confidently, stay alert to what's going on around them. Teach children how to resolve arguments without violent words or actions. Bullies are less likely to intimidate children who are confident & resourceful.

Do not tell or teach the child to fight back. Fighting back is the worst defense in most situations. There is often a strength & size difference between victims & bullies, & bullies have the advantage –as well as the experience in fighting.

2. Communicate:

Talk to your kids about bullying-education & awareness. Let them know the impact of bullying-especially verbal/relational bullying. Talking about it will let them know that they are not the only ones who have suffered bullying & that it is not their fault. Many kids who suffer from bullying believe that they are the only ones that this happens to &/or that everyone believes what the bully is saying & are therefore often embarrassed to talk about it. By educating them; this may free them up to talk to you about it. You should have your child go on www.bullying.org. This site will provide you & your child with a wealth of information & resources.

Ask your children how they are being treated by their peers. Listen to what your children have to say & take their complaints seriously. Probing a seemingly minor complaint may uncover more severe issues. They are often ashamed or afraid to tell adults that they have been bullied, so listen.

If your child reports that they are being bullied, it is important to make it clear that it is not their fault. Ask the child how they have been dealing with the bully & then problem solve together. Ask them what they would like you to do first. Reassure them that you will consult with them before taking any action.

Role-play possible scenarios with them & possible responses.

3. Model good relations at home:

Do not allow verbal bullying. Discourage sibling & partner squabbling.

4. Help your child:

Do not expect the child to work out the problem on their own. Because of the power imbalance they need your help. You must respond or else the child will not turn to you again. By the time a victim has asked for help they have more than likely exhausted all of their own solutions.

Always intervene. Adults play a crucial role in the socialization of children. Since children learn by example, any time adults do not intervene, they are denying children the opportunity to learn a different way to solve a problem other than aggression. Aggression escalates the problem.

5. Increase social interactions.

Encourage sleepovers, welcome friends into your home, & include a friend on family outings. -Bullies hardly ever pick on kids who are in groups. If your child has difficulty making friends help them to build connections with other kids who have similar interests.

Victims often have a misperception that “everyone” believes what the bully says about them. It is therefore vital that we connect these kids with those who do not support the bully. Schools can help to set up a support group for the victim. Parents can set up this support system by contacting other parents & asking for their child's assistance.

5. Access community-based support:

Enroll your child in classes or groups with other children with similar interests. Encourage him or her to join with a friend.

6. Recognize that the media uses violence as entertainment:

Shut off the TV more often; discourage TV & video games that model antisocial & aggressive behaviors. Discuss the violence -make them aware of bullying that take place on TV, in magazines & in the newspaper-talk about it!

7. Talk to other parents in your neighborhood:

Where there is 1 victimized child there are usually more. Have your neighbors look out for the children on the block.

8. Get the school involved.

Talk to the administration immediately. A community approach to bullying is most effective in reducing the bullying problem.

You need to problem solve with the school ways to keep the victim safe-i.e. leaving a few minutes before the bell, having older peer's pair up with them during unstructured times, supervision etc.

It is also important that you contact the school in order to ascertain the extent of the bullying problem. If your child is being victimized in more than one setting; they may require individual counseling, outside of the support from the school.

9. Identify the difference between tattling & telling.

Tattling is to get someone into trouble & Telling is to get someone out of trouble. Encourage children to tell- adult help is almost always needed.

10. Practice answers that they may be teased about

If your child is different in some way, help them to think of answers to what the kids may say to them. They need to think of all the positive things about themselves & not let the bully get a reaction from them. That is what the bully is looking for. Help your child think of & practice quick verbal comebacks to use when they are being teased.

11. Observe behaviors at home:

Be alert for signs of bullying & victimization. For example, bullies may have extra money, clothes, they boast exploits. Victims may experience headaches, nausea, & other somatic complaints, be hesitant to go to school, avoid extra – curricular activities, need extra money, have lost or torn clothes, unexplained injuries, school work problems, depressed, difficult & argumentative, withdraw from social groups, nightmares, reluctant to talk about daily happenings at school, low self-esteem, is frightened of walking to & from school, begs to be driven to & from school or changes his/her route to school, stops eating, suicidal.

12. Accept individual differences:

Help your child understand the value of accepting & celebrating individual differences.

13. Self esteem:

Foster your child's self-esteem. A strong sense of self-worth can be a good defense against being pressured or bullied by peers.

14. Praise kindness

Praise children's kindness towards others. Let them know that kindness is valued.

15. Transfer schools

If all else fails & your child's life is miserable, consider transferring schools. This is the last choice. Children cannot often run away from problems; they often follow along. In rare situations, transferring schools may be the only option to ensure the child's safety & well being.

What Can Parents do if their Child is a Bully?

Prepared by:
Michelle MacPherson
School District 2 Social Worker

1. Provide formative consequences:

Consequences must be delivered non-aggressively-hostile adults inadvertently provide lessons on bullying. Through formative consequences, the bully can learn to turn their negative power & dominance into positive leadership skills & acquire the insights & empathy that they are lacking. Some examples are as followed:

- Make retribution-replace broken object, letter of apology (not forced)...
- Activities that promote perspective taking skills & empathy (novel study, story writing, draw a picture of what it feels like to be a victim)
- Role play victim/bully scenario-focus on feelings
- Build on their leadership skills-they could help out a younger child, read to younger child, volunteer...-we need to change their reputation

2. Education & awareness:

Read stories, watch movies on bullying, go on www.bullying.org & have your child find a story similar to their situation & have them focus on how the victim was feeling. Help to make the child aware of the impact of their bullying. Often kids do not realize the impact of their behavior-especially when it is relational or verbal bullying. Be sure to educate re the different kinds of bullying- "sticks & stones will break your bones & names will **ALWAYS** hurt you!

3. Peer Groups:

Aggressive girls are often rejected by their peer group. It is important to try & find out what your child interests are & help them to connect with kids with similar interests-through community centers, extra curricular activities etc.

4. Connections:

Build positive connections in the community; to enhance leadership skills in a positive way.

5. Praise

Some bullies are looking for attention-praise them when they are behaving appropriately.

6. Model appropriate behaviors at home:

We are our children's teachers & role models!

7. Referrals to outside agencies:

You need to contact other adults involved with your child. You need to know the extent of the bullying-depending on the severity your child may require individual or family counseling. Recognize that bullies may be acting out feelings of insecurity, anger, or loneliness. If your child is a bully you need to get to the root of the problem-you may need outside agencies for support.

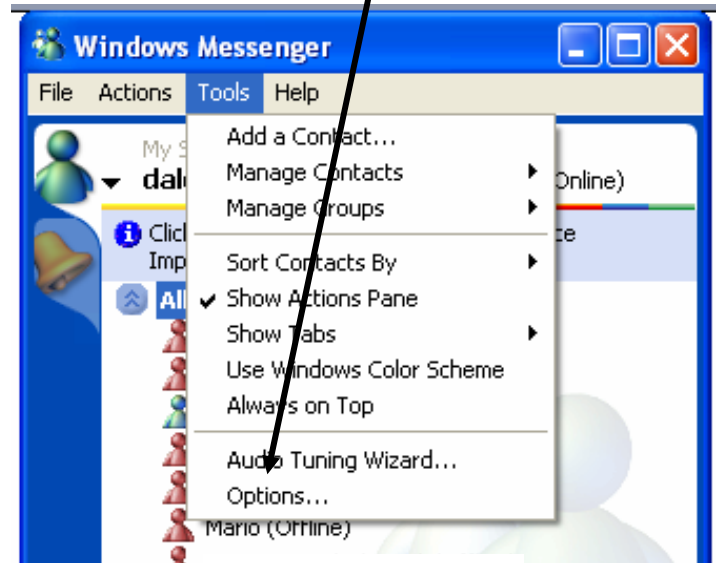
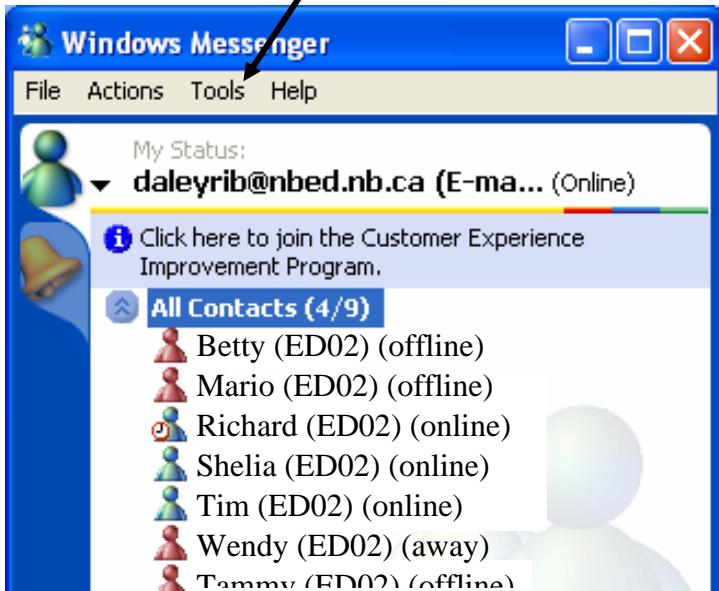
Checking Instant Messenger “Contact list”

1. Click on the “**Windows messenger icon**” to log in.

(You may need the child’s password to get in. → Get it from them ...you are the boss!)

2. Click on “**Tools**”

3. Click on “**Options**”

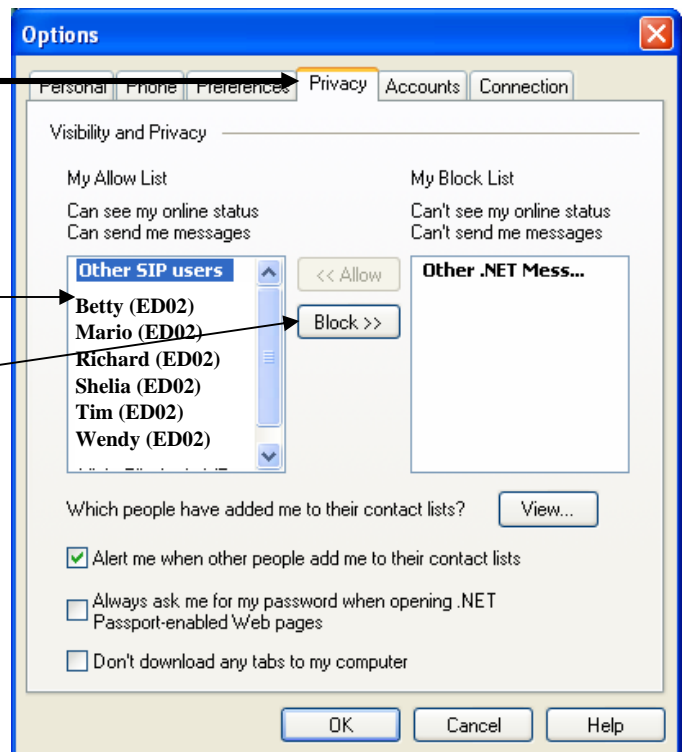


4. Click on “**Privacy**”

5. Review this list with your child

(right click and delete or block any unknown people)

6. Click on “**Block**”



The left column is a list of people that see your child’s codename every time they log on to Windows messenger.

Useful Websites

The following websites provide excellent additional information concerning “Safety on the Internet” as well as what you can do to make your children’s Internet experience a positive one:

www.bewebaware.ca

www.aliant.net

www.getnetwise.org

www.safeteens.com

www.safekids.com

www.cyberbullying.ca

www.bullying.org

www.fbi.gov/publications/pguide/pguidee.htm

