



# LIFEGUARD YOUTH DEVELOPMENT®



GUARD YOUR HEART

GUARD YOUR MIND

GUARD YOUR BODY

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## Cyberbullying . . . the school yard rules have changed!

It used to be that if a child was overweight or had bright red hair, the only bullying they might encounter would be teasing from other kids on the playground during recess or on the school bus home. However, with the internet and online social networks like myspace.com, kids have taken bullying to an all new level. They now ask other teens to vote for the fattest, ugliest or meanest kid; there seems to be no limit to the venues for ridiculing another person. It is also surprisingly common, *42% of youth admit to being bullied while online!*



### What is cyberbullying?

It is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the internet, interactive and digital technologies or mobile phones. It has to have a minor on both sides, or at least have been instigated by a minor. When and if an adult becomes involved the situation instantly escalates, and is categorized as cyber-stalking or cyber-harassment.

### How does it work?

There are two kinds of cyberbullying: direct attacks and cyberbullying by proxy. The first includes any messages that are sent to your child directly; for example, instant messaging, impersonation, stealing passwords, blogs and internet polling. Cyberbullying by proxy includes any time that the bully gets someone else to do the bullying for them, either with or without the accomplice's knowledge. This type can often involve a parent and can be much more dangerous.

### What can be done?

If your child has been the target of cyberbullying there are steps you can take to help your child. First, you must realize that cyberbullying is real and can be extremely damaging. It is unique in the way that it can infiltrate an otherwise safe and protected environment – the home. Because of this extreme violation, it is important to make your child feel secure by giving them support and love. It may also be necessary for you to notify your child's school, counselor and physician, as multidimensional support can be extremely effective. Also understand that children often swap roles between the victim and the bully. They may retaliate through bullying without even knowing it.



Whether your child is the bully or the victim, it is important for you to be aware of who they are talking to on the internet. Monitor what your child is doing while they are online, and create an atmosphere of open, honest and safe conversation between yourself and your child.

What is cyberbullying exactly? How cyberbullying works and What's the Parents' Role in this? <http://www.stopcyberbullying.org>. Retrieved: March 18, 2008. Gibbs, Brooks. "Cyberbullying: Hurting People, Hurt People" February, 2008.

## Save The Date: *The New Sexual Revolution*

Keith Deltano travels the country bringing his educational comedy to teens and parents everywhere. He is coming to Kansas City to tackle the topic of premarital sex by empowering teens to **join the New Sexual Revolution of abstinence until marriage**. Following, **the hip hop dance group, Level Five, will take the stage** while Keith conducts a parent workshop.

**WHAT:** Free comedic presentation titled *The New Sexual Revolution* followed by *Level Five* and a parent workshop.

**WHEN:** May 9th, 2008 from 7-9pm

**WHERE:** The Spot, NRBC Student Building,  
4420 S. Noland Rd. Independence, MO 64050  
(Behind Fuddruckers)

For more information call: 816-836-8336  
To unsubscribe, please email [aschieffer@guardyourself.org](mailto:aschieffer@guardyourself.org)

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