



IT'S UP TO YOU!

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Table of Contents

- Words Can Hurt 1
- Tips to Prevent Cyber Bullying and Taking Action 2
- i-DRIVE TV 3
- Poster Challenge Contest 5

Words Can Hurt

Computers and text messaging are necessary social tools for today's generation to interact and communicate. Thanks to the Internet, your world is larger than the world in which most of your parents grew up in and the problems you face are much greater.

Cyber bullying is one of these concerns which most of your parents did not have to deal with in their youth. However, like traditional bullying, cyber bullying can be devastating and harmful. While traditional bullies typically have power over their victims physically, cyber bullies can harass their victims behind a wall of anonymity, allowing the bully to be in a position of power regardless of size or social status. The effects of cyber bullying can be even worse because the victim can be bullied 24 hours a day – often viciously and anonymously – in the presence of a worldwide audience.

continued on page 4




52% of high school students have been bullied online

52% of high school students say they have bullied others online






What to Do to Prevent Being Cyber Bullied

- ❁ **Don't give out private information and PINs.**
- ❁ **Be careful about where you post such personal information online, as name, address and cell phone number.** This information can be used in a negative way by bullies.
- ❁ **Use netiquette.** Be polite online and others will tend to do the same. Ignore anyone who gets angry or bullies you.
- ❁ **Consider avoiding sharing buddy lists,** because it increases the chances of being bullied.
- ❁ **Don't send a message when you are angry.**
- ❁ **Delete messages from people you don't know or from people who are acting angry or mean.**
- ❁ **When something doesn't seem right, it probably isn't.** Leave the site or chat.
- ❁ **Assume that no digital communication is ever really private.** E-mail and IMs can be forwarded, copied and pasted into profiles or changed to distort conversations.
- ❁ **Use emoticons** such as a smiley face when saying something meant as a joke to try to keep from accidentally offending someone else. It's hard to tell online what someone is actually implying if you can't see the emotions on their face. Feelings and intentions can be taken the wrong way. 

What Action to Take if You are Cyber Bullied

- ❁ **Tell a trusted adult** and keep telling until that person takes action.
- ❁ **Don't open or read messages by cyber bullies.** If you've been bullied by someone and feel it needs to be addressed, don't open the messages yourself. Save them unopened and let a parent or trusted adult handle them.
- ❁ **Don't react to the bully.** Often a bully will act just to get your reaction. Your reaction could fuel more attacks. If the bully needs to be dealt with, have a trusted adult, such as a parent or a school professional, help you.
- ❁ **Tell your school if it is school related.** Most schools have a bullying plan in place.
- ❁ **Don't erase the messages or images.** Save them in a folder unread. They may be needed for taking action.
- ❁ **Protect yourself by not meeting with the bully** or anyone that you've only met online.
- ❁ **Block a bully.** If the bully is attacking through instant messaging, that person can usually be blocked.
- ❁ **If you are threatened with harm, inform the local police.** Harassment that causes hurt or embarrassment can be threatening to one's well-being and still may need to be addressed; however, any physical threat or stalking must be handled immediately by informing the police. 

"All cruelty springs from weakness."
[Seneca, 4B.C.-A.D.65]



What It Is

Cyber bullying is a mean or threatening e-mail

Cyber bullying is forwarding a private IM communication to others

Cyber bullying is a humiliating text sent over a cell phone

Cyber bullying is a Web site set up to mock others

Cyber bullying is posting embarrassing photos or video


Cyber bullying is insulting another online gamer

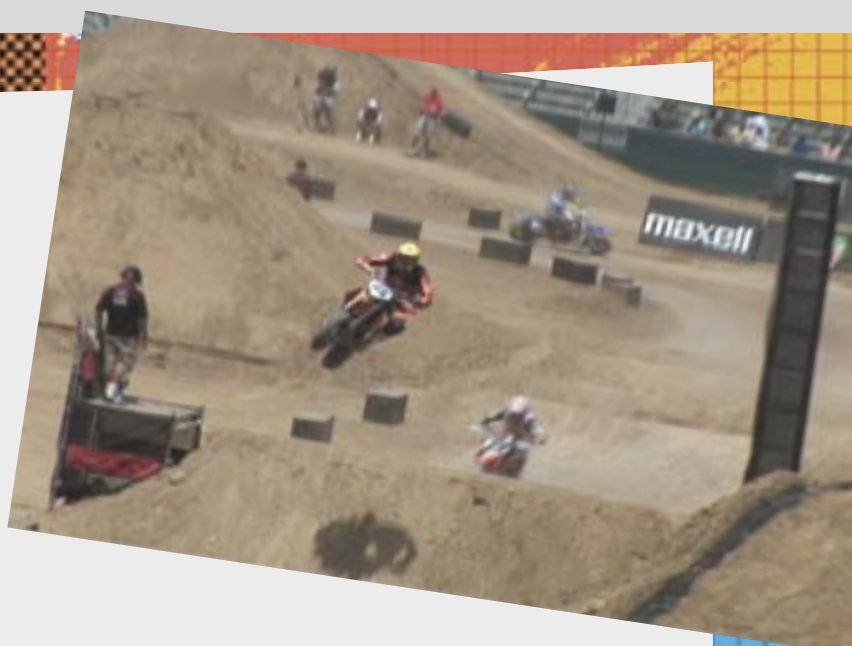
Forwarding gossip e-mail to hurt another can be cyber bullying

Impersonating someone else to spread rumors can be cyber bullying



i-DRIVE TV

Check out the latest vodcast @ <http://xblock.isafe.org/idrive.php> as the i-DRIVE TV crew hits up the summer X-Games in Los Angeles California. See what Pro BMX, Skateboarding, and Moto X athletes like Bob Burnquist, Brian Deagan, Paul Rodriguez, Jen O'Brien and Lin-z Adams have to say about how the Internet has affected action sports and how it can affect YOU. 





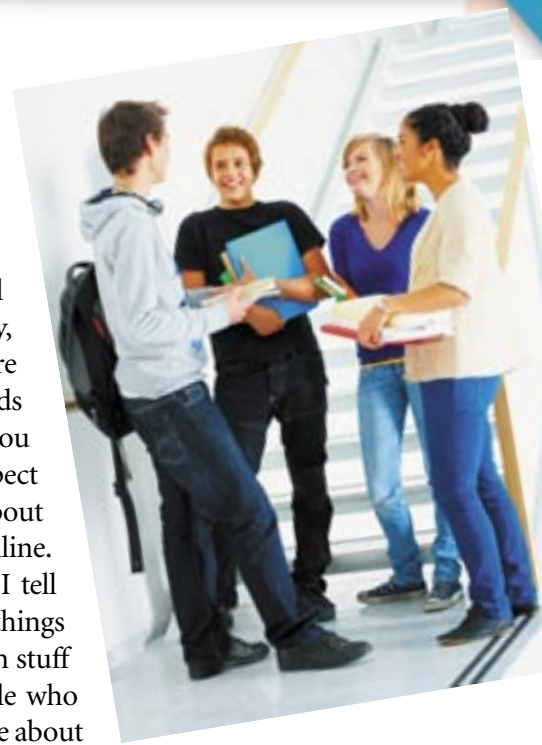
Words Can Hurt *continued from page 1*

So, what do we do about these cyber bullies? Well, most people believe that the obvious, appropriate response to cyber bullying is to ignore the bully, or simply to log out of the chat/IM, or log off of the Internet. However, these solutions may be easier said than done for most. The Internet and other forms of technology are essential to you living in this always-connected digital generation. In a recent interview Amy, a Texas teen said, "If you don't have a MySpace account and text messenger you are thought of as a loser – a nobody. Your popularity is measured by your buddy or friends

list. And if you make someone mad in real life, or online, you

can just kind of expect that they will talk about you somewhere online. I'm really careful who I tell things to – personal things – because I see so much stuff posted online by people who are mad at someone else about


something." When asked if she would avoid going online if she was being bullied online Amy said, "I don't think so. I'd just try to ignore them. Or, try to get them back for what they said, or maybe tell an adult if they were really getting to me."



Now Available
i-SAFE's Cyber Bullying
Assembly Experience.
Make sure your teacher
knows about it.

Most students are often reluctant to report cyber bullying. And as Amy mentioned, many teens believe that some name calling, finger pointing and other "bullying" behaviors online happen to just about everyone to some degree. Most of you would say that, although it may not be right and they may not do it, it is really no big deal. The very victims of bullying that are most at risk are also the ones that seemingly offer the reactions the bullies crave. Bullies most often don't consider themselves to be bullies because they believe that "everyone does it" at some time. They also believe that the victims should just "get over it."

So now how do we stop this? One way is for schools to teach cyber citizenship/ethics to help prevent cyber bullying. From the time you were old enough to play with others, you were taught how to interact appropriately and responsibly with others. Now, we must begin instituting these same rules and concepts concerning appropriate Internet and technology use. We were taught as children that name calling, being mean and excluding others is not OK in the physical world. We were taught not to gang up on others or to victimize someone smaller, weaker, less intelligent, or less talented. We learned how to solve problems and conflicts appropriately. So why not institute what we learned as young children into our lives now as it pertains to usage on the Internet or text messages?

It is important that we are aware that, not only could some of our actions online be wrong, some of them could be illegal. We must understand the emotional effects of cyber bullying; we must recognize that our actions could carry consequences that could change lives forever. 

Are YOU looking to make a difference?

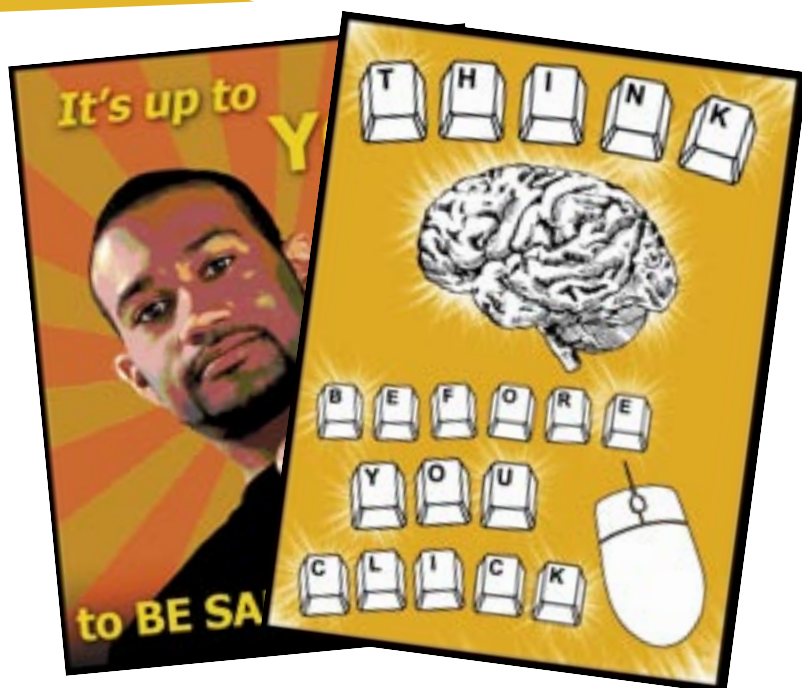
Well, look no further. Join the i-SAFE i-MENTOR program and make a difference in your life and the lives of others. You can become a positive influence by educating others about what it takes to be safe and responsible on the Web. Become an i-MENTOR, go to xblock.isafe.org today!



Poster Challenge


i-SAFE is excited to announce a new student contest. The i-SAFE International Poster Challenge gives YOU an opportunity to draw attention to e-Safety. Make an impact and help change the way people see the Internet. Spread the word about safety to your friends by showcasing your art skills.

YOU see them on the highway, mall, movie theater, and school. Posters can grab your attention, make you aware of an important issue and even influence your important decisions. Think about all those political posters you saw during the last presidential election. Now, YOU can take the i-SAFE Poster Challenge and see if YOU can influence the decisions students make in Cyberspace. YOU can highlight an e-Safety issue such as: texting, cyber bullying, gaming, online predators, or piracy. YOU can express your creativity using such artistic styles as political, movie, inspirational, graffiti, or billboard design. It's up to YOU because the Internet is all about YOU!



Once you're finished, send it via e-mail or mail it to i-SAFE by December 15. YOU must have your parents sign a contest registration pdf form and fax or mail the signed form to i-SAFE headquarters to participate. Click [here](#) for the registration form. Get started now.

Winners will be announced in elementary, middle school and high school levels. Winning student artists and schools will receive national recognition and have their posters distributed as part of our educational program. We will also feature your poster designs in our i-SAFE programming and on i-DRiVE TV, our news magazine-style high tech TV show. Wait, there's more...you will also appear in our national newsletters and Web site. Winning artists will receive an i-SAFE swag bag loaded with a t-shirt and other cool stuff. 

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MISSION: i-SAFE is a non-profit foundation whose mission is to educate and empower youth to safely and responsibly take control of their Internet experience.

We Welcome Your Input

If you would like to submit an article for the newsletter or tell us your story, please contact us at:

Kewl Timez Editor
5900 Pasteur Court, Suite 100
Carlsbad, CA 92008

760-603-7911

Newsletters@isafe.org