

CYBER BULLYING

Staying Safe in Cyberspace

Cyber Bullying What is it?

Cyber Bullying is the use of information and communication technologies (ICT), particularly mobile phones and the internet, to deliberately upset someone else.



WHAT IF IT HAPPENS TO YOU?

- ✓ Don't reply to abusive messages.
- ✓ Delete any on-line abusers from your contacts list or account. Put blocks in place.
- ✓ Consider changing your user name.
- ✓ Keep a copy of any messages or images; make sure there is a record of dates and times.
- ✓ Report the bullying to your mobile phone or internet service provider.
- ✓ Tell someone. At GCC, you can call a Counselor at 735-5583, or call Student Support Services at 735-5555.
- ✓ If it happens to a friend, stick up for them and encourage them to take action.

GCC
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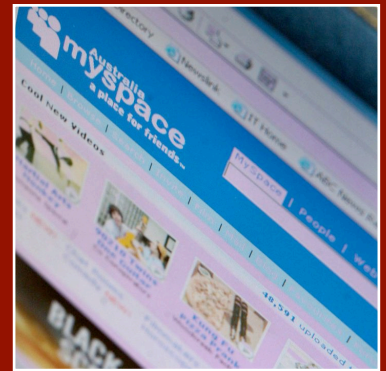
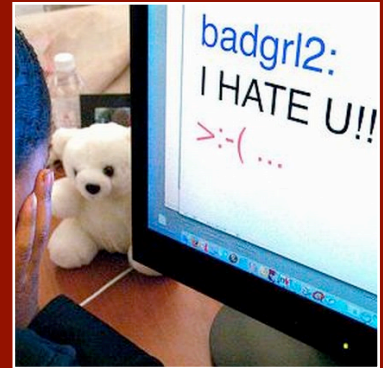
Kulehon Kumunidat Guahan

WHAT CAN YOU DO TO PREVENT IT?

- Be careful who you give your phone number and email addresses to.
- Look through your list of online contacts on MSN, Facebook etc. and make sure you are only 'friends' with people you trust. Delete or block those you aren't sure about.
- Protect your online accounts and mobile phone with a password and change it regularly. Don't share it with anybody.
- If using a shared computer, such as in the College Library or at an internet cafe, always 'sign out' from online accounts rather than just closing the page. This stops others accessing your accounts.
- When mailing a group of people you don't know well, either create a group email or use the BCC function so you are not passing on other people's addresses.
- Delete other people's contact details before forwarding emails.
- Don't do anything to others - such as post an embarrassing photo or circulate a rumor – that you wouldn't want done to you.



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Cyber Bullying
**Hurts
Inside and
Out**

CONTACTING SERVICE PROVIDERS

Phone calls and texts:

- Report the bullying to your mobile phone provider.

Email:

- **For GCC Email**, call the Management Information Systems at 735-5511. Otherwise you need to contact your internet service provider (ISP). For example:
- **Yahoo** - follow links from your inbox – Help – Contact Us – Yahoo! Mail Abuse form, which can be completed and sent to your ISP
- **Hotmail** – forward abusive emails to abuse@hotmail.com
- **Other ISPs** – as a general rule, contact abuse@domainname.com. See www.abuse.net to check the correct abuse reporting addresses.



Social Networking sites:

- **Facebook** – click on the 'Report' link located on pages throughout the site or email to abuse@facebook.com
- **MySpace** – Click on 'Contact MySpace' link at the bottom of each page and select the 'Report Abuse' option or the 'Report Abuse' link at the bottom of each user profile page. Inappropriate images can be reported by clicking on the image and selecting the 'Report this Image' link.

Instant Messenger:

Record any abusive messages. IM providers can investigate and shut down any accounts which break their terms of service. On both **MSN Messenger** and **Yahoo! Messenger**, the 'Help' links provide 'Report Abuse' options.

YouTube:

You will need to create a user account and log in. You can then use the 'flag content as inappropriate' link under each video. YouTube provides information on what it considers inappropriate at www.youtube.com/t/terms

Chat rooms:

It is good practice for chat providers to have a clear and prominent reporting system. Users who abuse the service may have their account deleted. Some services are moderated and the moderators will warn users posting abusive comments or take down content that breaks their terms of use.

Other Great Resources

The Cyberbullying Research Center <http://cyberbullying.us>

Cyberbullying: Bullying in the Digital Age. <http://www.cyberbullyhelp.com>

Information for parents, teachers and students. www.netsmartz.org

World's largest internet safety and help group. www.wiredsafety.org