

# CYBER BULLYING

## “KNOW MORE”

November 10, 2010



**CALGARY  
POLICE  
SERVICE**

# Cyber bullying technologies

- E-mail
- Cell phones
- Pager text messages
- Instant messaging
- Personal web sites
- Blogs
- Chat rooms
- Social media / networking sites



# Prevention!

- Sign a family contact, talk about importance of responsible cell phone and computer use at home, school and everywhere.
- Read the user agreements and terms of use of use on all sites. Establish privacy settings on social networking sites.





**Treat your cell phone as you would a computer!**

**Set down rules for use.  
Respect rules of use in  
public and private places.**

**•Never take or send  
pictures that you would  
not want the world to see.**

**•Don't be part of the  
problem by forwarding  
pictures you receive.**

**•Respect other's privacy.**

**•Report any nude  
pictures received to an  
adult or to a person you  
trust.**



# Respect privacy – yourself and others

facebook Home Profile Friends Inbox Jane Smith Se



Jane Smith

Wall Info Photos +

**Reduce the amount of personal information on profile.**

**Basic Information**

Sex:	Female
Current City:	Calgary, AB
Birthday:	March 10, 1995
Relationship Status:	Single
Interested In:	Men
Looking For:	Dating

**Personal Information**

Activities:	Swimming, dancing, cheerleading, skiing, tennis
Favorite Music:	Miley Cyrus, Britney Spears, Beyonce, Jay-Z, Justine Timberlake,
Favorite TV Shows:	Modern Family, Lost, Grey's Anatomy
Favorite Movies:	Avatar

**Contact Information**

Email:	XXXXXXXXXXXX
Mobile Number:	555-555-5555
Other:	555-555-5555
Current Address:	1000 SW 1000 th Ave, Unit 1000 Calgary, AB H0H 0Y0
AIM:	janesmith1995
Website:	http://janesmithrocks.com

Edit My Profile

Write something about yourself.

**Information**

Relationship Status:  
Single

Birthday:  
March 10, 1995

Current City:  
Calgary, AB

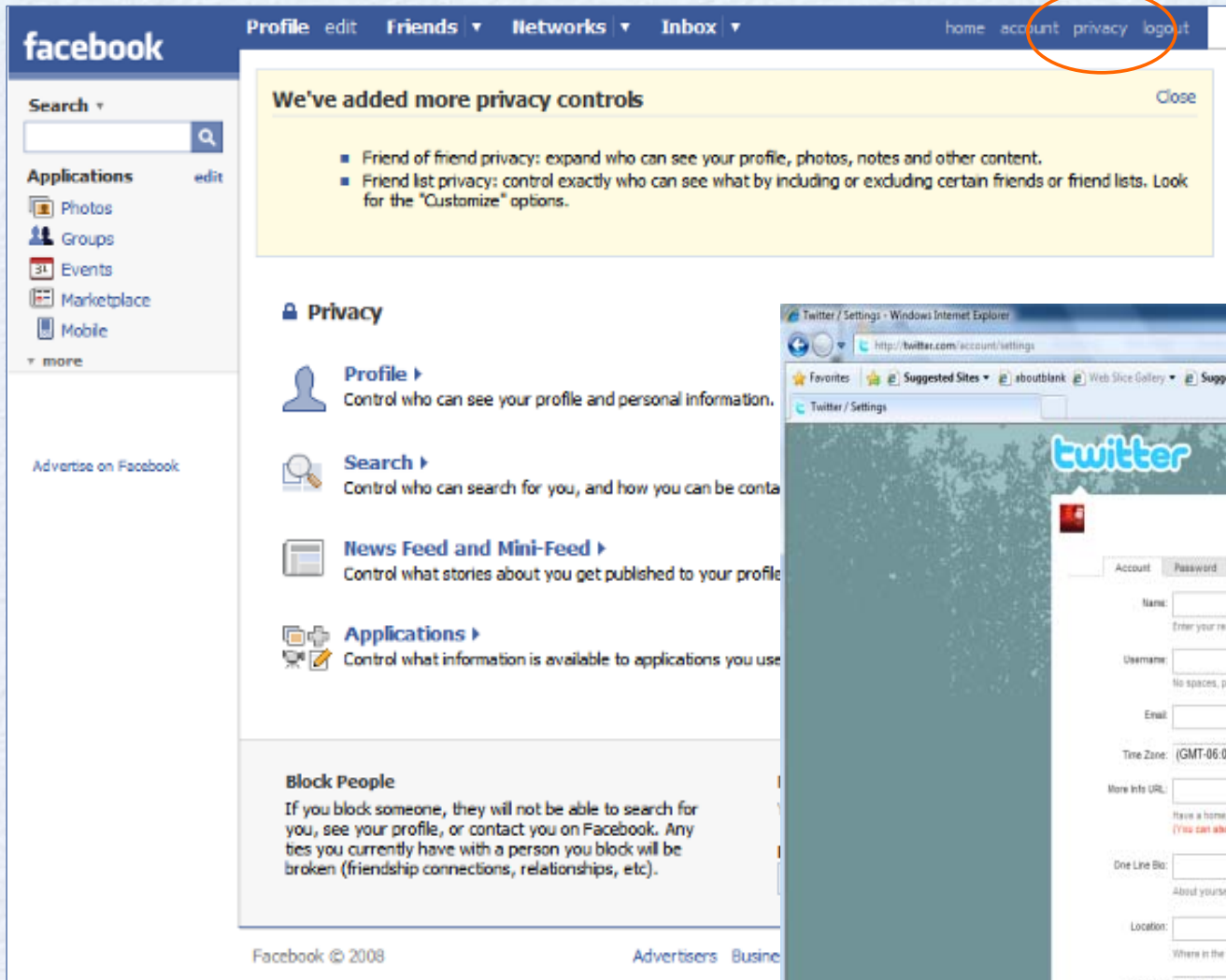
**Friends**

0 friends

Find people you know



# Grant access to only trusted friends.



facebook Profile edit Friends Networks Inbox home account **privacy** logout

**We've added more privacy controls** [Close](#)

- Friend of friend privacy: expand who can see your profile, photos, notes and other content.
- Friend list privacy: control exactly who can see what by including or excluding certain friends or friend lists. Look for the "Customize" options.

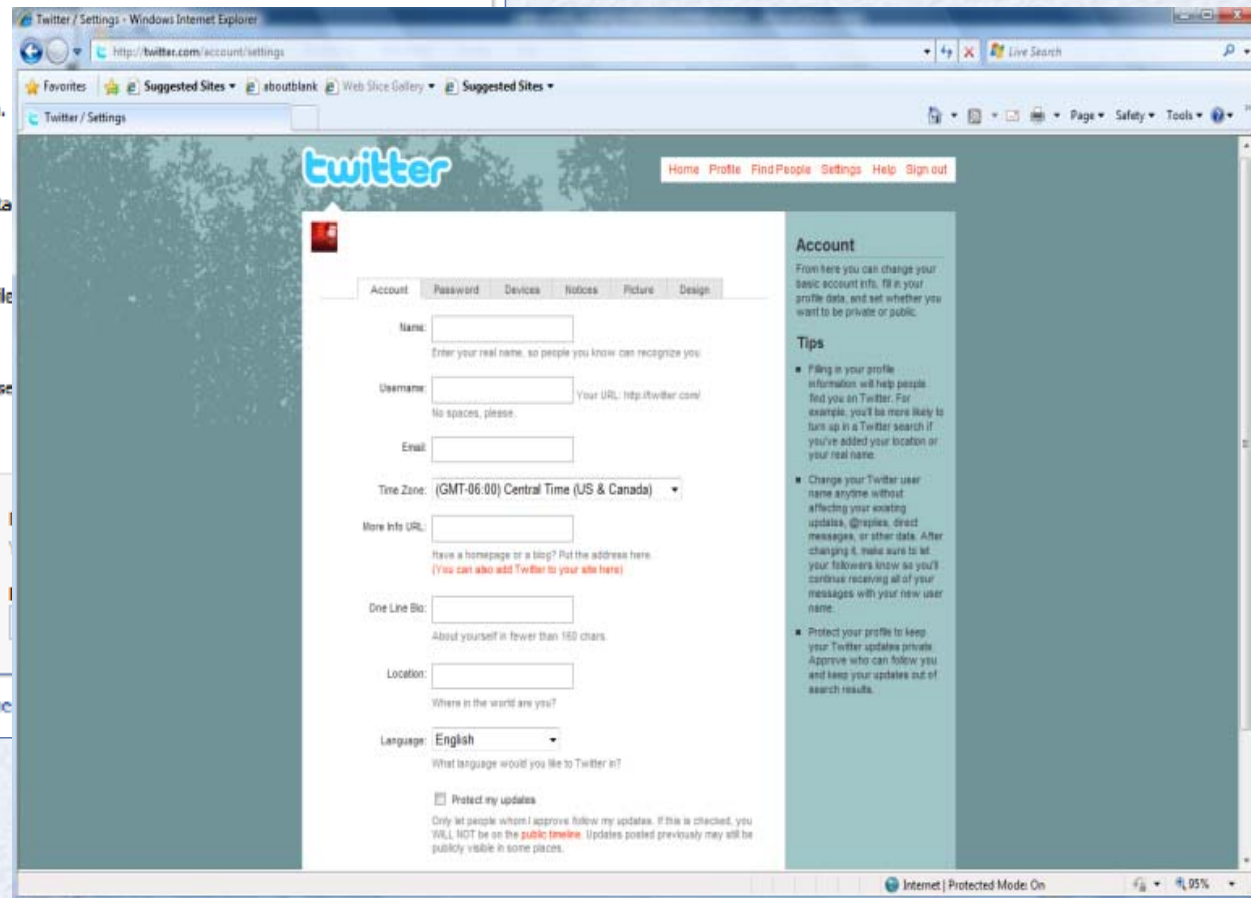
**Privacy**

- Profile** ▶ Control who can see your profile and personal information.
- Search** ▶ Control who can search for you, and how you can be contacted.
- News Feed and Mini-Feed** ▶ Control what stories about you get published to your profile.
- Applications** ▶ Control what information is available to applications you use.

**Block People**

If you block someone, they will not be able to search for you, see your profile, or contact you on Facebook. Any ties you currently have with a person you block will be broken (friendship connections, relationships, etc).

Facebook © 2008 Advertisers Business



Twitter / Settings - Windows Internet Explorer  
http://twitter.com/account/settings

Twitter / Settings

Home Profile FindPeople Settings Help Sign out

Account Password Devices Notices Picture Design

Name:   
Enter your real name, so people you know can recognize you.

Username:  Your URL: http://twitter.com/  
No spaces, please.

Email:

Time Zone: (GMT-06:00) Central Time (US & Canada) ▼

More info URL:   
Have a homepage or a blog? Put the address here.  
(You can also add Twitter to your site here)

One Line Bio:   
About yourself in fewer than 160 chars.

Location:   
Where in the world are you?

Language: English ▼  
What language would you like to Twitter in?

**Protect my updates**  
Only let people whom I approve follow my updates. If this is checked, you WILL NOT be on the public timeline. Updates posted previously may still be publicly visible in some places.

**Account**

From here you can change your basic account info. Fill in your profile data, and set whether you want to be private or public.

**Tips**

- Filling in your profile information will help people find you on Twitter. For example, you'll be more likely to turn up in a Twitter search if you've added your location or your real name.
- Change your Twitter user name anytime without affecting your existing updates, @replies, direct messages, or other data. After changing it, make sure to let your followers know so you'll continue receiving all of your messages with your new user name.
- Protect your profile to keep your Twitter updates private. Approve who can follow you and keep your updates out of search results.

Internet | Protected Mode: On

- Basic Information
- Profile Picture
- Relationships
- Education and Work
- Likes and Interests
- Contact Information

Visit your [privacy settings](#) to control who can see the information on your profile.

Current City:

Hometown:

Sex:

Show my sex in my profile

Birthday:

Don't show my birthday in my profile.

Interested In:  Women  
 Men

Looking For:  Friendship  
 Dating  
 A Relationship  
 Networking

**Do we really need to add the relationship status?**

Political Views:

Religious Views:

Bio:

Chat (0)



Google

Facebook | Application Directory

Take a Screenshot in Mac OS X - ...



Enviar flores es la mejor forma de expresar tus sentimientos de amor. ¡ Enviar a un amigo !  
1,810,182 monthly active users



### Honesty Box by Honesty Box



Find out what your friend have always wanted to tell you but never have. Do they really like you? Do they find you pretty, cool, awesome, lame, or annoying? Honesty Box lets you ask your friends questions and get anonymous answers.

Authorized (deauthorize) - 1,686,992 monthly active users - 3 friends



### Circle of Moms by Circle of Moms



Circle of Moms is the best online resource for moms. Create a close-knit circle of the moms (mums) you trust, build an share an archive of your children's stories and photos, and connect with millions of like-minded moms 24/7.

1,393,624 monthly active users - 1 friend



### Dogbook by Poolhouse

Chat (0)



# CYBERBULLYING...



## Don't be a Victim or a Cyberbully!

- Stop, Block and Tell!!!** (don't respond to any cyberbullying message, block the person sending it to you and tell a trusted adult)
- ThinkB4UClick** (check what you are sending before you send it...think about it from the recipient's point of view)
- R-E-S-P-E-C-T!** (use good netiquette and respect the feelings and bandwidth of others)
- Keep personal information private** (the more information someone has about you, the more easily they can bully you)
- Google yourself!** (conduct frequent searches for your own personal information online and set alerts...to spot cyberbullying early)
- Take 5!** (walk away from the computer for 5 minutes when something upsets you, so you don't do something you will later regret)



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





[FAQ](#) | [Sign in](#)

## Welcome to Google Alerts

Google Alerts are email updates of the latest relevant Google results (web, news, etc.) based on your choice of query or topic.

Some handy uses of Google Alerts include:

- monitoring a developing news story
- keeping current on a competitor or industry
- getting the latest on a celebrity or event
- keeping tabs on your favorite sports teams

Create an alert with the form on the right.

You can also [sign in to manage your alerts](#)

### Create a Google Alert

Enter the topic you wish to monitor.

Search terms:

Type:

How often:

Email length:

Your email:

Create Alert

Google will not sell or share your email address.

- Basic Information
- Profile Picture
- Relationships
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Current City:

Hometown:

Sex:

Show my sex in my profile

Birthday:

Don't show my birthday in my profile.

Interested In:  Women  
 Men

Looking For:  Friendship  
 Dating  
 A Relationship  
 Networking

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Religious Views:

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Chat (0)



# Awareness

- Online Safety Week March 2011  
[www.youthlinkcalgary.com](http://www.youthlinkcalgary.com) for more information  
information
- Calgary Police Crime Prevention Unit – schools,  
schools, corporate and parent groups  
[kathy.macdonald@calgarypolice.ca](mailto:kathy.macdonald@calgarypolice.ca)
- Alberta Supernet “Surf Safe”
- [www.albertasupernet.com](http://www.albertasupernet.com)



What's Online

- Social Networking
- Chat Rooms
- Instant Messaging
- Online Bullying**
- Online Gaming
- Email
- File Sharing

Stay Safe Online

- The Promise
- Get Help
- Parents
- Teachers

How to Use this Site



Download Browser, the Internet's premiere guard dog. He'll live on

# Online Bullying

## Technically speaking...

Online bullies, AKA cyberbullies, use technology — like cell phones and the Internet — to harass, embarrass or intimidate an individual. Cyberbullies send nasty rumours or hurtful comments over text messages, emails, websites and on instant message programs. Cyberbullies have also been known to send or post embarrassing photos of their victims over the Internet as well.

## Why it's so dangerous

Cyberbullying is not as easy to spot as schoolyard bullying and cyber-bullies can spread offensive message to a large group of people very fast. It only takes a minute to text an embarrassing photo to dozens of classmates.

The Internet and cell phones give cyberbullies and sense of anonymity — making their attacks more vicious.

## Fight it together!

Discuss the different types of cyberbullying as a family; stressing the fact that it's never the victim's fault, and that enjoyable online activities won't disappear if bullying is reported. Most victims don't report cyberbullying because they're too embarrassed, or out of fear that they'll lose their

## Watch Out!

Top concerns for cyberbullying

- ▶ Stop, block and tell a trusted adult! Blocking a bully and telling an adult are important ways to stop harassment.
- ▶ Save any evidence of bullying. Having proof makes it easier to catch a bully.
- ▶ Don't respond! When you don't react a bully is more likely to get bored and stop.
- ▶ Speak up! If you think someone is being bullied, tell a trusted adult.
- ▶ Report bullying whenever you can to your cell phone, email, instant messaging or chat room provider/monitor.



Thank you.

Cst. Kathy Macdonald

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