

TECHNOLOGY

Langley Fundamental Elementary is equipped with a computer lab with enough computers to accommodate a full class. Students have access to the lab on a weekly schedule and during lunchtime and with advance reservation made by the teacher. A set of 30 laptops provides another opportunity for students to access technology wirelessly in the their own classroom.

CYBERBULLYING **Cyber-Bullying Awareness**

- In school...you don't want anyone to think of you as a "gossip" or someone who says things about other people. Everyone wants to be "nice." You don't have to be nice if you don't want to online, (13 year old girl, Edmonton~ Young Canadians In a Wire World Survey. Media Awareness Network, 2004)
- Cyber-bullying, like other forms of bullying, is about human relationships, power and control. It differs from face-to-face bullying as cyber-bullies can more easily hide behind the anonymity that the Internet can provide - cyber-bullying does not provide tangible feedback about the hurtful consequences of using information technology tools to cyber-bully others. Cyber-bullies can communicate their hurtful messages to a very wide audience with remarkable speed. (Bill Belsey, <http://www.cyberbullying.ca/>)

What Parents can do at Home:

Sixty percent of students pretend to be someone else when they are online. Of those, 17% do so because they want to act mean to people and get away with it, (Media Awareness Network Canada, 2005). Nancy Willard, Center for Safe and

Responsible Internet Use, recommends discussing these strategies to help your child with effective decision-making when , "invisible," online:

Golden Rule: How would you feel if someone did the same thing to you?

Trusted Adult: What would your mom or dad, guardian, or another adult who is important in your life think?

Front Page: If your action were reported on the front page of the newspaper, what would other people think?

If Everybody Did It: What would happen if everybody made a decision to do this?

Real World: Would it be OK if you did this action, or a similar action, in the real world?

Reflection: On the Net, what you do reflects on you. How does this action reflect on who you are and want to be?

Signs your Child may be a Victim of Cyber-Bullying:

Bill Belsey, creator and facilitator of www.bullying.org, outlines the following signs to watch for:

- Long hours on the computer
- Closes windows on their computer when you enter room
- Is secretive about Internet activities
- Behavioral changes
- Is always doing homework on the Internet, but always 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 computer
- Trouble sleeping
- Stomach and headaches
- Lack of appetite, throwing up
- Fear of going out of the house
- Crying for no apparent reason
- Lowered self-esteem

A marked change in attitude, dress 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

What to do if your Child is Cyber-Bullied

If your child is being harassed online, tell them to take the following actions immediately:

Tell an adult they trust - a teacher, parent, older sibling or grandparent.

Leave the area or stop the activity (i.e. chat room, news group, online gaming area, instant messaging, etc.).

If they are being bullied through e-mail or instant messaging, block the sender's messages. **Never reply to harassing messages.**

Save any harassing messages and forward them to your Internet Service Provider (i.e. Hotmail or Yahoo).

If the bullying includes physical threats, inform the RCMP.