



WELCOME TO JUST 4 KIDS

CYBER BULLYING FOR KINDERGARTEN — FIFTH GRADE STUDENTS

Bullying doesn't just take place on playgrounds or in school hallways anymore. As we have all gone online, so, too, have bullies. The Internet allows you to communicate with your friends through e-mail, Web sites, instant messaging, chat rooms, blogs and text messages. But, these great tools also give bullies new ways to intimidate and be mean to others. Cyber bullying is quickly becoming a big problem for kids, parents and schools. Here are some tips to help you understand it and how to deal with it ...

What is Cyber Bullying?

Cyber bullying is sending or posting harmful or mean text or images using the Internet or things like cell phones and PDA's (personal digital assistants).

Cyber bullying can include:

- Sending cruel, vicious or threatening e-mails;
- Creating Web sites that have stories, pictures and jokes ridiculing others;
- Posting pictures of other students/kids online with mean phrases or questions attached to them;
- Using someone else's e-mail to send mean e-mails to others; and
- Using instant messaging tools to harass others.

Some of the ways kids bully other kids on the computer is by calling them names, saying or writing mean things about them, threatening them, making them feel uncomfortable or scared or trying to make them do things they don't want to do.

There are a lot of reasons why kids bully. They may think it's a way to

be popular or make themselves look tough and in charge. Some bullies do it to get attention or to make other people afraid of them.

How Can I Deal With Cyber Bullies?

- Ignore the bullying or tell the person to stop.
- Tell your mom, dad, teacher or trusted adult if you are being bullied online. This isn't tattling — it's making sure you feel safe.
- If you know someone else who is being mean to other kids online, tell that kid to stop and then make sure to tell a parent or teacher.

Cyber Bullying Pledge

(Print or write this pledge and sign the bottom. Have your parent or guardian sign it, too.)

- I will tell my mom, dad or trusted adult if someone is bothering me or calling me names while I am on the Internet.
- I will never be mean to anyone while I am on the computer. I won't call them names or make fun of them.
- I will be a buddy to anyone who is being called names or made fun of on the computer.
- I will not bully someone just because he or she was already mean to me on the Internet.