

STICKS AND STONES

Topic: Verbal Bullying and Cyberbullying

The Facts

A 2004 survey of kids in grades 4 to 8 conducted by iSafe America reports:

- More than half the students surveyed reported that someone has said mean or hurtful things to them online. More than 40% said it happened more than once.
- 53% of kids admitted having said something mean or hurtful to another person online. More than one in three have done it more than once.
- 58% of kids have not told their parents or an adult about something mean or hurtful that happened to them online.

Start a Conversation with Your Kids

1. What do you think about the saying, "Sticks and stones may break my bones, but words can never hurt me?" Have you or a friend ever been hurt by someone else's words?
2. Before watching this show, did you know about the words "cyberbullying" and "bullycide?" What do they mean to you now?
3. What can you do to be part of the solution to stop bullying?

Advice From the Experts

To combat the increasing occurrences of cyberbullying, parents can:

- **Keep the computer in an open area.** Don't allow a computer with Internet access in your child's bedroom.
- **Communicate in person.** Talk and listen to each other.
- **Become a part of your child's online experience.** Know who is on his/her email, chat and instant messaging lists.
- **Teach your child how to use online resources responsibly.** Discuss your expectations regarding gossip and bullying online. Talk about empathy and treating others the way you would like to be treated.
- **Talk about online dangers.** Let your child know you are there to help get him/her out of bad situations. Remind your child never to share personal information, including address, phone number, even where he/she goes to school.
- **Educate yourself about the Internet.** (For online lingo all parents should know, go to http://www.connectingwithkids.com/tipsheet/2005/219_mar9/ling.html.)

