



Bullying Unplugged

A PEATC
Bullying Prevention and
Awareness Brief
for Virginia's Parents

WHAT IS BULLYING?

Bullying is characterized by aggression used within a relationship where the aggressor(s) has more real or perceived power than the target. Bullying can involve overt physical behavior or verbal, emotional, or social behaviors.

Cyber bullying can include offensive text messages or e-mails, rumors or embarrassing photos posted on social networking sites, or fake online profiles.

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Dynamics of CyberBullying

Cyberbullying is when someone uses technology to send mean, threatening, or embarrassing messages to or about another person. It might be in a text, e-mail, instant message, or on the internet. There are steps you can take to prevent it—or if it's happening to you, there's a lot you can do to make it stop.

First things first: Tell your parents or another trusted adult. Believe it or not, they can help you. You don't have to do this alone!

===== A Texting Scenario =====

AllSmiles: Hey, remember me?

margot4.0: Of course. I wouldn't forget the best artist in our theater production. How r u?

AllSmiles: im ok.

margot4.0: U sure?

AllSmiles: sorta ok.

margot4.0: what's going on? I am guessing u aren't texting just 2 c how I am ;)

AllSmiles: Well, you know how I look up 2 u, being a senior and all.

margot4.0: ur flattery is nice, but get on with it.

AllSmiles: I remember that u had a guy who was in ur face all the time and that u broke up. And then, he would text u all the time and that u finally blocked his number.

margot4.0: I guess u were listening :)

AllSmiles: How did u do it?

margot4.0: u mean how did I break up

AllSmiles: No, I mean how did u block the number?

margot4.0: ok, again, what's going on with u

AllSmiles: It's embarrassing.

margot4.0: U know u can trust me.

AllSmiles: This girl in my class who is really mean thinks that her boyfriend likes me.

This morning she texted me EVERYONE HATES U. It was right before class and she was with a big group of girls, so they all knew that I was reading it.

margot4.0: That must have hurt.

AllSmiles: It did and does. I don't know what 2 do. I feel sick to my stomach and im afraid im going 2 cry.

margot4.0: I'm glad u told me. This is not ur fault. Did u text her back?

AllSmiles: No. I didn't know what 2 say.

margot4.0: Ok, good, don't text her back or at least wait awhile.

AllSmiles: y?

margot4.0: it might just make it worse

AllSmiles: But she didn't care about making it bad for me!

margot4.0: I know, but let's think this through. Can u make it the rest of day?

AllSmiles: I think so, theres just 1 class left

margot4.0: When u get home I want u 2 do 2 things, call ur cell phone provider, they will tell u how to block the number and then tell ur parents and ask them what 2 do.

AllSmiles: R U joking? Tell my parents? I can kiss my cell goodbye.

margot4.0: Give them a chance. This is something that is being done 2 u, not something that u did. Ask for their help.

AllSmiles: Ok, I guess.

margot4.0: Promise me. U don't have 2 handle this on ur own.

AllSmiles: U R the best. Thanks

margot4.0: txt me what happens :)

===== An Instant Messaging Scenario =====

stephisticated

A supposed friend just sent me this really nasty message.

man-utd

Just now? I have had that happen, it really ticked me off.

stephisticated

Yeah, I wanted to write her back something really sarcastic.

man-utd

Did you do it?

stephisticated

I wanted to, but figured that then she would just write something back, and it would get out of control.

man-utd

So what you gonna do?

stephisticated

For now . . . nothing, just ignore it for awhile. I need to think about it. Maybe she didn't realize how it sounded, that she didn't realize that it would make me angry.

man-utd

Maybe just ask her to stop?

stephisticated

If she wasn't such a good friend, I would, but with her I don't want to try that. I think she'd take it the wrong way.

man-utd

Yeah, sometimes it feels easier to tell someone that you don't know to shove it. With friends it can feel weird.

stephisticated

I did copy and print her message. I want some evidence. You know, in case it happens again.

man-utd

When it happened to me, I blocked the dude out. Set it up so that he couldn't IM me or know I was online. If things ever get bad, you can even just change your screen name.

stephisticated

I hope this doesn't have to come to that! She's been my friend for a long time.

man-utd

It's weird, but people will say things on line that they would never say to you in person.

stephisticated

Yeah, what's up with that?

man-utd

Just because you can't see someone, doesn't mean that they still don't have feelings, that your words, whether they are said or written still really hurt..

stephisticated

Actually, and this is kind of embarrassing, but my parents talked with me before I got an account.

man-utd

Seriously? You talked with your parents about IM. Not going happen at my house. I just hide what I do.

stephisticated

You know my mom and dad, they have rules for everything. I had to agree that they could if needed have access to my account, they know my screen name and passwords. Told me all about not giving out personal information, like my school, address or cell.

man-utd

So are you going to tell them about this?

stephisticated

You know, people bullying online wasn't something that we talked about. Guess we didn't realize that it would happen. I'm not sure if I will tell them, you know how overprotective they are. They will probably make me stop using IM

man-utd

Well, its just this once, but if it happens again, you should tell them. Your mom and dad are pretty cool, they will know what to do.

stephisticated

Yeah, you're right, I didn't do anything wrong, but I don't want it to keep happening. I'm glad I told you, I feel better already.

man-utd

Are you going to study now?

stephisticated

Yeah, I need to rock that test tomorrow. Good night!

man-utd

See ya.

===== **An Internet Scenario: Conversation on Wall** =====

AllSmiles: Have you seen that photo from the party where you were tagged?
lazydaizy: What photo?
cookie*monsta: I didn't know you like to party that much!! haha
lazydaizy: what are you talking about
ivegotmadskillz: I saw it too. I want you at my next party.
ROCKaBILITY: Where is it? I want to see.
cookie*monsta: check my photo page. You'll know which one she is.
ROCKaBILITY: Wah! That is some pic! Do you want to go out sometime??
lazydaizy: OMG, that is not me, she just put my name on it.

====**IM between lazydaizy and cookie*monsta**=====

lazydaizy
why would you tag that pic as me?
cookie*monsta
haha its funny! whatcha going to do about it?
lazydaizy
I can remove it.
cookie*monsta
yeah, sure you can
lazydaizy
Yeah, I can In fact I just removed the tag. And if you post anything with my name again, I'm going to report you. This stuff isn't a game.
cookie*monsta
Chill! I was just messing with you. I didn't mean anything by it.
lazydaizy
Yeah, well, next time maybe you'll think about how much someone can get hurt by stuff like this.

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