

CONTACT LUBBOCK, Inc.

Giving Hope for a Future

HOW TO PREVENT CYBER BULLYING

RESOURCE LIST

Cyber bullying is defined as “willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices.”

Many targets of cyber bullying report feeling depressed, sad, angry and frustrated. Research has revealed a link between cyber bullying and low self esteem, family problems, academic problems, school violence and delinquent behavior. *Cyber bullied youth report having suicidal thoughts and many youth end up taking their own lives.*

Parents are quickly realizing that cyber bullying is a twenty-first century problem that schools and law enforcement have not caught up with. According to a recent poll 77 percent of parents around the world say “cyber bullying needs special attention from parents and schools.” While many states are racing to give prosecutors the tools they need to treat cyber bullying as the crime it is, legislation is only the start. *The real key to ending cyber bullying is educating parents and kids using internet connected devices that written words can have serious consequences.*

RESOURCES TO AID IN PREVENTION

www.Cyberbullying.us The Cyberbullying Research Center provides up to date information about the nature, extent, causes and consequences of cyber bullying among adolescents.

www.websafety.com Software available to keep your family safe at home and on the road. Software disables mobile phones from texting and talking while driving. They also have software to protect your child from predators online, email and text.

www.eyeguardian.com Products allows parents to see images & video on your children’s cell phone. Allows parents to make sure their children aren’t being bullied or receiving sexually explicit material.

www.wordbully.com Monitors for over 3600 words, acronyms, bullicons, and phrases that might be considered profanity. Monitors inbound and out bound.

www.appmodo.com Free apps that prevent cyber bullying on You Tube. Other apps are available.

www.pcpandora.com Helps monitor, control, and protect families and themselves online.

www.LRNtheLingo.com Online dictionary of cyber and slang terms.

Other resources available at www.Contactlubbock.org

