

**TEACH, MODEL, AND  
PRACTICE THE  
LIFESKILLS**

Caring	Cooperation
Pride	Responsibility
Respect	Friendship
Organization	Perseverance
Problem-Solving	Sense of Humor
Flexibility	Common Sense
Effort	Patience
Curiosity	Courage
Good Manners	Integrity

**MORE RESOURCES**

***The Berenstain Bears Lost in Cyberspace***

This children's book takes the reader on a cyber adventure with the Berenstain Bear crew. The reader learns about some of the things to watch out for on the Internet. Authored by Stan and Jan Berenstain.

***A Parent's Guide to the Internet and How to Protect Your Children in Cyberspace***

This book provides parents with the information they need to help keep their children safer online. Safety tips and suggestions for keeping the lines of communication open are provided. Authored by Parry Aftab

Share these with your child . . .

**My Rules for Online Safety**

1. I will tell an adult I trust if anything makes me feel scared, uncomfortable, or confused.
2. I will ask my parents or guardian before sharing my personal information.
3. I won't meet in person with anyone I first "met" online.

[www.NetSmartz.org](http://www.NetSmartz.org)

[www.netsmartz411.org/](http://www.netsmartz411.org/) NetSmartz411 is parents' and guardians' premier, online resource for answering questions about Internet safety, computers, and the Web.



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Published three times a year.

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**May, 2007**

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**WHAT ARE OUR  
KIDS DOING ON  
LINE AND HOW CAN  
WE HELP THEM BE  
SAFE?**



The Lifelong Guidelines are:

**No Put-downs                      Truth**

**Trust                      Personal Best**

**Active Listening**

**“REACHING ABOVE AND  
BEYOND”**

## SAFEGUARDING KIDS' ONLINE ACTIVITIES



The Internet is truly a wonderful resource for our children. It allows them to see what the Hubble space telescope is zeroing in on, and watch video footage of animals in the wild. No matter what children are interested in, there are hundreds of sites available to help them follow their curiosity to new levels of learning.

This summer your child may be using the Internet often. Families need to be involved. These tips are a great place to start:

**Limit their access.** Through your Internet service set up parental controls on your child's screen name to prevent him/her from venturing into inappropriate sites. Also, make sure that your child can't get around those controls by going online through your screen name. Keep your passwords secret and protected.

**Create your own version of "Never" land.** Make sure that your children understand the "never" rules of using the Internet. Never give out any personal information for any reason to anyone on the Web, no matter how innocent the request may seem. Unless instructed otherwise, children are often too eager to give out their names and addresses to get free gifts through the mail to access "fun" sites.

**Cut out spam.** Install a virtual filter on your home computer to prevent unsolicited email and other potentially harmful materials from being delivered.

**Freedom of information** —Children, particularly those in the preteen and teen years, use the Internet to communicate with peers. They create MySpace profiles and blogs. Kids consider this information private and believe that it's only accessed by their friends and those close to them, but the reality can be far different. Visit your children's favorites sites and familiarize yourself to stay informed.

**A family computer** — Place computers in an open, easily accessible area, never in a child's room.

## Cyber Bullying Statistics

With the always-connected generation, e-mail, instant messages, message boards, blogs, Web sites, and cell phones give bullies a high-tech way to tease and threaten. Cyber bullying is no less severe than traditional playground bullying and is, in many instances, more psychologically harmful with effects of longer duration. There is no escape. Cyber bullies are able to invade every facet of their victims' existence. It can be a 24/7 operation, permeating even

### **i-safe surveyed 15,000 students in grade 4 through 8 from all across the country:**

- 42% of kids have been bullied while on line. One in four had it happen more than once.
- 35% of kids have been threatened online.
- 21% of kids have received mean or threatening emails .
- 58% of kids admit someone has said mean or hurtful things to them on line.
- 58% of kids have not told their parents or an adult about something mean or hurtful that happened to them online.

[www.isafe.org](http://www.isafe.org)



### CYBER BULLYING TIPS FOR STUDENTS

- Tell a trusted adult and keep telling until you find an adult who takes action.
- Don't open or read messages from cyber bullies.
- Tell a teacher or principal at your school if it is school related.
- Don't erase the messages—they may be needed to take action.
- Protect yourself. Never agree to meet face to face with anyone you meet online.
- If you are threatened with harm, inform the local police.

## The Bad News about: [www.MySpace.com](http://www.MySpace.com)

This is a site that children and teens are using to "live journal." It is the most popular site. Pre teens and teens are learning how to "friend." That means trying to have many, "friends" view and read their page and respond to their comments. Your child makes the page 'private' where only a 'friend' can have access or 'public' where anyone can view the page. Remind your child that online "friends" are still strangers. On this site, anyone can create a page and say anything about someone, or post a picture of someone. *MySpace does not monitor unless a problem is brought to their attention.* (View the safety tips at the bottom of the home page.) Engage your child in conversation about what they are doing online. Let them teach you through open communication.

### Web Resources

[www.playitcybersafe.com](http://www.playitcybersafe.com)  
[www.getnetwise.com](http://www.getnetwise.com)  
[www.safekids.com](http://www.safekids.com)  
[www.isafe.org](http://www.isafe.org)  
[NetSmartz.org](http://NetSmartz.org)  
[WebWiseKids.org](http://WebWiseKids.org)  
[www.disney.go.com/cybersafety/](http://www.disney.go.com/cybersafety/)

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