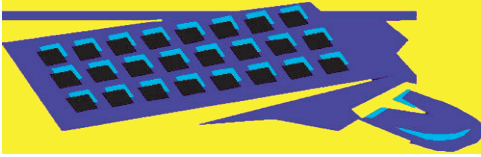


Internet Safety Facts ...
Get Surf Serious ... Get
Surf Smart ... Get Surf
Safe!



Cyber Bullying

MSN, MySpace, Facebook and Twitter (just to name a few) are important tools for teens to keep up-to-date and in contact with friends, family and new on-line mates. It's also a great way to share photos, music or play on-line games.

Cyber what...?

Cyber bullying is the term used when people use technologies such as the internet, mobile phones, and social networking sites to send threats, intimidation, harassment and other upsetting messages to other people.

Why is it so effective and so dangerous?

"Sticks n Stones may break our bones but names will never harm us". We all know this to be an incorrect statement. Satan attacks us in the realm of our mind - this is the most effective weapon he can use. In the safety and security of their own bedrooms young people are vulnerable to mental and emotional attacks and they are generally alone to fight this battle. Laptops have made it easy to shut themselves off in their room and deal with issues that parents have no idea they are struggling with. There is no sense of danger that other people are watching - that someone could be stalking - that they have no control over who sees information they place on the internet and it can never be taken back.

Why don't they say something?

Why don't young people tell/talk to their parents about the cyber bullying?

One reason may be a fear of having the most important thing that connects them to their friends taken away.

So what can we do?

Educate and Learn. Discuss and talk openly about this issue at home, youth groups and in your church. Learn as much as you can about cyber bullying and safety; explain to your children and teenagers the dangers of cyber space.

Calling all parents!

Parents, it is important that you do know what your child/young person is doing on the Internet - be genuinely interested and know that there will be things they will want to keep private. Explain your concerns about cyber bullying, begin to build up that trust - not just be a nosey parent.

Ask them to explain and teach you how their favorite social site works; work with them on a plan to keep them safe, include cyber bullying hotlines and websites on your emergency list by your phone or computer.

Remind your child/young person how important they are and how much you care for them. Try to place computers in a location that is not totally isolated.

Warning signs!

Is your teen spending a large amount of time alone in their room with the door closed, and do they have access to a computer there? Have you noticed a sudden change in their mood and demeanor? Have they become angry or depressed? If so, seek help - interfere for love's sake.

For more information on this subject see resources listed below or contact the Christian Pastoral Support Worker at your local school.

Helpful Websites:

www.wiseuptoit.com.au

Stories from 4 young people on what happened to them and how they dealt with it.

www.staysmartonline.gov.au

Designed to help home users to stay smart on-line using helpful top tips, guides, fun and quizzes.

www.cybernetrix.com.au

An Internet safety education program for secondary school students.

www.netalert.gov.au

Helpline: 1800 880 176 the Australian internet safety advisory body.

www.onsecure.gov.au

Provides public access to resources and information for Internet users seeking advice about information security with links to Government agencies.

www.acma.gov.au

Media release 13 July 2009

[www.australia.gov.au/
topics/it-and-
communications/internet](http://www.australia.gov.au/topics/it-and-communications/internet)

Lists more online supports and resources.

Need to Talk?

reachout.com.au

lifeline.com.au

Phone 13 11 14

kidshelp.com.au

1800 55 1800

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