

Other Online Resources

What to do if a kid/teen is being bullied or harassed online

www.haltabusektd.org/help/index.shtml

ChatDanger

www.chatdanger.com

Report Cyberbullying

[/www.schooltipline.com](http://www.schooltipline.com)

Safe Kids

www.safekids.com

Leetspeak

brenz.net/I337Maker.asp

Net Nanny Mobile

www.netnanny.com/mobile

Change preferences in IM, Facebook, etc.

www.haltabusektd.org/resources/im.shtml

Computer Time

www.softwaretime.com

Net Crimes

www.netcrimes.net

Web Monitoring Software

pcpandora.com

i-Safe

www.isafe.org

My Mobile Watchdog

www.mymobilewatchdog.com/



By
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President

About WHO@

WHO@ (Working to Halt Online Abuse) is the oldest online safety organization dedicated to helping adult victims of cyberstalking and online harassment. Founded in February of 1997, WHO@ is also the only organization to provide the most up-to-date cyberstalking statistics. WHOA-KTD (Kids/Teen Division) was founded in September of 2005 to help kids and teens being bullied, harassed and stalked online. Their president, Jayne A. Hitchcock travels the country speaking at middle/high schools; colleges/universities, libraries, to parents, the public and training law enforcement.

Her book, **NET CRIMES & MISDEMEANORS**, published by CyberAge Books, is available everywhere (netcrimes.net).

For more information, you can reach WHO@ at www.haltabusektd.org, via e-mail at whoa@haltabuse.org, or P.O. Box 782, York, Maine 03909



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Use Cyber Street-Smarts

- **Learn to use the Internet better** - get a Facebook, Myspace, Instant Messenger, Twitter account, or whatever your child is "into" right now
- **Ask your child** to help you create your profile and then ask them to be your first friend
- **Never let your child use the computer in their bedroom** with the door shut - this is where trouble begins
- **If your child turns off the computer** or shuts their laptop when you walk by, it's time to have a talk with them - they're hiding something
- **Check the web browser** cache and/or history - if it's empty, there's a problem (hit the Ctrl + H keys in your browser)
- **Take advantage of "Smart Limits"** or something similar on your cell phone service to control who your kids can talk/text to, how many texts they can send, etc.
- **Try not to give out** your real name, age, address or phone number online - this goes for you AND your kids
- **Employers** are now doing "Google" searches and checking profiles/blogs/etc online - be careful what you post or you could lose your current job or a potential one
- **Don't put too much information** in your profile, it can and will be used against you
- **Lurk** on groups, message boards, blogs and chat rooms before posting messages
- When you do participate online, **be careful** -- only type what you would say to someone's face
- **Block or ignore unwanted users** in chat or IM. Take advantage of the "Block all users except those on my buddy list" or adding unwanted screen names to an ignore list in chat.
- **Your first instinct** may be to defend yourself if you are bothered online - DON'T - this is how most online harassment situations begin
- **For more online safety tips, go to** haltabusektd.org/resources/online.shtml

What to do if your child is being bothered online:

- 1. KEEP EVERYTHING!** Don't delete e-mails, IMs, chat logs, etc. Place them in a separate folder on your hard drive or diskette/zip disk, CD, DVD etc and print out a hard copy. You can also take a screen shot of the IM or chat. To do this, hit the Ctrl and Print Screen (or Prt Sc) keys on your keyboard, then open a graphics or word processing program and go to Edit, Paste (or Ctrl + V keys), then save the document.
- 2. Encourage your child to let you,** a teacher or other adult they trust know about what is happening online
- 3.** Make sure they **contact the person** bothering them online ONE time via email or IM with something as simple as "Please leave me alone." They do not need to explain why. CC (copy) the person's ISP and keep a copy of for your records.
- 4. Do NOT respond** after that, but do keep anything the harasser/cyberbully may send
- 5. Send complaints** to the person's ISP with the full headers (if via email). If you don't know how to do this, go to haltabusektd.org/help/headers/index.shtml.
- 6. If someone has created** a web site to harass your child, complain to the server where the site is hosted (we can help you with this).
- 7. If the harassment/cyberbullying continues,** contact WHOA-KTD for **FREE** help at haltabusektd.org

WHO@KTD

Working to Halt Online Abuse

Kids-Teen Division

haltabusektd.org