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Compiled by **Brenda High**

The Bully Police E-Book Part IV

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First Edition November 2008

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If you have an organization or school who would like to receive multiple copies of “The Bully Police E-Book” on CD, please contact Brenda High, Brenda@jaredstory.com, for a discount list.

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TESTIMONIALS

“As you know I have been working on developing special programs for children using the stories and characters that I have created over the last 14 years. In the process of developing the "TRACKS" character building anti-bullying educational program, I have taken a whole year off from work to devote to research and development. I have been all over the Internet exploring educational agencies, local, state and national agencies, law enforcement agencies and governmental agencies and no where did I find more concise, comprehensive and up to date information, statistics, contacts, links and support than on your Webb site, Bully Police USA, Inc.

“You and Bully Police have been the main source of support documentation and validation for what I am trying to accomplish.

“Thank you for all the hard work you have done and your dedication and commitment to addressing the problem of bullying and its devastating effects on our society, especially our greatest asset. . . our children.

“With great appreciation and blessings,”

Susan Royse

"I just wanted to thank you so much for all of your help. Because of everyone's advice and help from the group (Yahoo Group) we were able to find an advocate to go to the meeting tomorrow (school board meeting) and a lawyer who is considering suing the schools for neglect and not following the IEP. I just have to say thank you to Bully Police and everyone else for their help." **Monica Thomas, Bully Police-Pennsylvania Pittston Area S.D. Director**

Brenda, I don't know if you remember me or not? But, my daughter used your web site to make a presentation at school. Well, she entered implied technology at the parish level and won! Went to state and won! And we are off to National's in July! Thanks so much. "National's".. She is only 14. Thought you might like to know! **Annette**

Table of Contents

E-Book Part IV

Cyberbullying

Press Release: Missouri Woman Indicted

The Internet: Best Friend/Worst Enemy

By Elizabeth Bennett

How to Stop or Remove CyberInfo

Submitted by Ms. Phyl Burger

The CyberChat Language

Emoticons and Things

Gamer's Jargon

Chatiquette

Solutions...What to do if you're being cyberbullied

Bullies on a Virtual Playground...Sticks and Stones No Longer Needed

By Joe Bruzzese, M.A.

Letter to Congressman Hastings about "Cyberbashing"

The New Wave

By Adrianna Sgarlata

A warning About Cyberbullying

The Effects of Cyberbullying

Electronic Communication – Why is it so Different?

Who’s cyberbullying Who?

What to do if you are being cyberbullied

Prevention – try to avoid the cyberbully

Action Steps when Prevention Isn’t Working

What to do?

Written Notes and Phone Bullies

Advice for Victims of Crimes

Conclusion

States with Cyberbullying Statues

Helpful Websites

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CYBERBULLYING

Press Release: Missouri Woman Indicted

(Readers – Please pay close attention to these indictment charges as this could make it a lot easier for those of you who have children being cyberbullied to get the attention of your local authorities.)

**United States Attorney Thomas P. O'Brien
Central District of California**

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WWW.USDOJ.GOV/USAO/CAC

**MISSOURI WOMAN INDICTED ON CHARGES
OF USING MYSPACE TO 'CYBER-BULLY' 13-YEAR-OLD
WHO LATER COMMITTED SUICIDE**

LOS ANGELES – A Missouri woman was indicted today on federal charges for fraudulently using an account on the social networking Web site MySpace, U.S. Attorney for the Central District of California Thomas P. O'Brien announced today. The woman posed as a teenage boy who feigned romantic interest in a 13 year-old girl, who later committed suicide after the "boy" spurned her and told

her, among other things, that the world would be a better place without her.

Lori Drew, 49, of O'Fallon, Mo., was named in a four-count indictment returned this morning by a federal grand jury. The indictment charges one count of conspiracy and three counts of accessing protected computers without authorization to obtain information to inflict emotional distress on the girl who, because of juvenile privacy rules, is referred to in the indictment only as M.T.M.

The indictment alleges that Drew, along with others, registered as a member of MySpace under the name "Josh Evans." Drew and her co-conspirators then used the Josh Evans account to contact M.T.M. and began what the girl believed was an on-line romance with a 16-year-old boy. In taking those actions, the indictment alleges, Drew and her co-conspirators violated MySpace's terms of service that prohibit users from, among other things, using fraudulent registration information, using accounts to obtain personal information about juvenile members, and using the MySpace communication services to harass, abuse or harm other members.

After approximately four weeks of flirtatious communications between "Josh Evans" and M.T.M., Drew and her co-conspirators

broke off the relationship. Within an hour, M.T.M. had hanged herself in her room. She died the next day.

"This adult woman allegedly used the Internet to target a young teenage girl, with horrendous ramifications," said U.S. Attorney Thomas P. O'Brien. "After a thorough investigation, we have charged Ms. Drew with criminally accessing MySpace and violating rules established to protect young, vulnerable people. Any adult who uses the Internet or a social gathering Web site to bully or harass another person, particularly a young teenage girl, needs to realize that their actions can have serious consequences."

To become a member of MySpace, individuals are required to submit registration information – including name and date of birth – and have to agree to certain terms of service that regulate their use of the Web site. Among other things, MySpace terms of service require prospective members to provide truthful and accurate registration information; to refrain from using any information obtained from MySpace services to harass, abuse or harm other people; to refrain from soliciting personal information from anyone under 18; to refrain from promoting information that they know is false or misleading; and to refrain from posting photographs of other people without their consent. The indictment alleges that Drew and her co-conspirators violated all of those provisions.

"Whether we characterize this tragic case as 'cyber-bullying,' cyber abuse or illegal computer access, it should serve as a reminder that our children use the Internet for social interaction and that technology has altered the way they conduct their daily activities," said Salvador Hernandez, Assistant Director in Charge of the FBI in Los Angeles. "As adults, we must be sensitive to the potential dangers posed by the use of the Internet by our children."

The conspiracy count carries a maximum statutory penalty of five years in federal prison. Each count of accessing protected computers, each of which alleges that the access was for the purpose of intentionally inflicting emotional distress on M.T.M., carries a maximum possible penalty of five years in prison.

An indictment contains allegations that a defendant has committed a crime. Every defendant is presumed to be innocent unless and until proven guilty.

Drew will be summoned to appear for an arraignment in U.S. District Court in Los Angeles in June.

This case was investigated by special agents with the FBI in St. Louis and Los Angeles.

The Internet: Best Friend/Worst Enemy

By Elizabeth Bennett

The internet can be ones best friend or worst enemy. It is a great tool in networking and conducting business. Even better, the internet is a great way to stay in touch with friends and loved ones across the country. Its much cheaper than making long distance calls and a lot quicker than the postal service. However, the internet has its downfalls as well. It can also be ones worst enemy, especially with teens and young people today. Their peers make slanderous websites, go to social sites such as MySpace and Facebook and demean each other.

If that is not enough, they use cell phones to make videos to upload on places like You Tube. Also, send horrible text messages and use camera phones to catch their targets in not so nice situations. There have been cases where kids have committed bullycide (suicide by bullying) over this sort of abuse. A recent example is the Megan Meier case in Missouri where a MySpace friend named "Josh" turned out to be a 48 year old housewife and then "Josh" started bullying Megan on MySpace.

In California, there is a bill entitled Assembly Bill 86 which was introduced by Ted Lieu of Torrance. This passed through the Senate with a 21-11 vote and now goes back to the Assembly for consideration of Senate amendments. If this passes, it would become illegal for kids and teens to bully one another through electronic means. Also, the “cyber-abuser” could be expelled from school and face other dire consequences. If you ask me, I am wondering what took them so long?

Cyber bullying has been a serious problem in this nation and throughout the globe for several years now. These social sites and other free web hosting sites have been hot beds for attacks and slander against others. You Tube has been the place to upload *videos* of physical bullying and assaults towards others. And, *Instant messenger* has bullies sending their victims messages in real time. Lets not forget *email* where a lot of cyber abuse also happens. Then we move on to other electronics such as *cell phones, PDA's* and other devices.

Trying to prove the cyber-abuse to the authorities is another question. Abuses on the internet can be very hard to prove. However, it can be done. It's a matter of education. Its time for parents, schools and communities to get involved and crack down.

Bullying, in all its forms are out right peer abuse. It is not uncommon for any abused survivor, whether it be peer, child, domestic, elder or sexual, to have the psychological scars of that abuse follow them well into adulthood. Plus, bullying affects a whole community, not just one or two people.

I hope California's Assembly Bill 86 passes into law and people begin to take it seriously. As one who helps those daily that are affected by bullying, abuse and the trauma that accompanies this, I can tell you that this is not just kids stuff.

Its time to get educated about the internet and see cyberbullying and cyber-abuse for what it is: Abuse!

Resource cited:

<http://www.justicenevflash.com/2008/08/13/cyberbullying-law/>

How to Stop or Remove CyberInfo

Submitted by Ms. Phyl Burger

Stop or remove the material

Most e-mail can be traced back to the sender's address. An excellent resource guiding you through the process of reporting abusive email is: www.virginmedia.com/digital/security/protectingmyfamily/abuseemail.php

It is important to know that sending or posting inappropriate language is generally a violation of the "Terms and Conditions" of most web sites, Internet service providers, email services, and mobile phone providers. Here are steps to help the student and parents:

1. Send *one* message to the cyber bully stating clearly: "Do not communicate with me again or I will contact the appropriate authorities." Save the message you have sent.
2. Contact the Internet service provider of the cyber bully (you can determine the ISP from the email address), forward the messages that have been received, and request that the account be terminated. You can send the message to `abuse@<domain name of provider>` or visit the web site of the service provider and look for a page on complaint procedures. These vary from

one provider to the other.

3. If the cyber bully's comments appear on a third-party Web site, such as a teen community or web host (e.g. www.webhostname.com/~kid'sname.html), go to site's home page (e.g. <http://www.webhostname.com>) and look for words like "Terms and Conditions" to find out the complaint procedure. Provide the troubling material; indicate how it violates the site's Terms and Conditions, and request prompt removal.
4. If the offending comments are on a web site with its own domain name (e.g. <http://www.xyzkid.com>), you can usually find the owner of the site and the company that hosts the site by going to Whois (<http://www.whois.net>) and typing in the domain name. This will usually tell you the hosting company's web site. Then go to the hosting company's site, find the Terms and Conditions and complaint procedure, and file a complaint.
5. If the cyber bully's comments are coming through text on a mobile phone, trace the number and contact the phone company. The best preventative steps are to:
 - Model the behavior you want your child to have
 - Have conversations about cyber-bullying; be firm in

establishing rules for responsible online/phone behavior

- Monitor your child's cell phone use
- Encourage your child to report to you immediately any inappropriate phone message

6. Change your child's email address and/or screen name, and possibly email provider.

7. Change the phone number the cyber bully has been using.

Ignore the Cyberbullying

In some cases, ignoring the cyber bully is the best option. There are two ways to ignore a cyber bully:

1. Simply leave the communications environment (chat, IM, email, etc.).
2. Block all further communications. Use the block function for instant messaging and mobile phones (go to "Options" or "Preferences" and block the cyber bully's screen name). With email, set the email filter to direct all mail from the cyber bully into a specific folder. This way, it is saved, as evidence if needed in the future, however, is not in your child's regular inbox.

When to contact Law Enforcement:

(Resource: Cyberlawyer Parry Aftab - <http://www.aftab.com>)

If there is a threat or personal contact information about a child posted online, we must take action and report it to the authorities.

The kind of threat:

- The communication uses lewd language
- The communication insults the child or youth directly (“You are stupid!”)
- The communication threatens vaguely (“I’m going to get you!”)
- The communication threatens the child or with bodily harm. (“I’m going to beat you up!”)
- There is a general serious threat. (“There is a bomb in the school!” or “Don’t take the school bus today!”)
- The communication threatens with serious bodily harm or death (“I am going to break your legs!” or “I am going to kill you!”)

The frequency of the threats:

- It is a one-time communication
- The communication is repeated in the same or different ways
- The communications are increasing

- Third-parties are joining in and communications are now being received from (what appears to be) additional people

The source of the threats:

- The student knows who is doing this
- The student thinks they know who is doing this
- The student has no idea who is doing this
- The messages appear to be from several different people

The nature of the threats:

- Repeated e-mails or IMs
- Following the student around online, into chatrooms, favorite websites, etc.
- Building fake profiles, websites or posing as another student's e-mail or IM
- Planting statements to provoke third-party stalking and harassment
- Signing a student up for porn sites and e-mailing lists and junk e-mail and IM. Breaking in to their accounts online
- Stealing or otherwise accessing their passwords
- Posting images of the child online (taken from any source, including video and photo phones)
- Posting real or doctored sexual images of the child online
- Sharing personal information about the child

- Sharing intimate information about the child (sexual, special problems, etc.)
- Sharing contact information about the child coupled with a sexual solicitation (“for a good time call ...” or “I am interested in [fill in the blank] sex...”)
- Reporting the child for real or provoked terms of service violations (“notify wars” or “warning wars”)
- Encouraging that others share their top ten “hit lists,” or ugly lists, or slut lists online and including your child on that list.
- Posting and encouraging others to post nasty comments on someone’s blog or guestbook.
- Hacking a computer and sending a student malicious codes.
- Sending threats to others (like the president of the United States) or attacking others while posing as another student
- Copying others on private e-mail and IM communications.
- Posting bad reviews or feedback about a child without cause.
- Registering a students name without their knowledge and setting up a bash website or profile.
- Posting rude or provocative comments while posing as someone else (such as insulting racial minorities at a website devoted to that racial minority).
- Sending SPAM or malware to others while posing another student.
- Breaking the rules of a website or service while posing another.
- Masquerading as someone else for any purpose.

- Posting a students' text-messaging address or cell phone number online to encourage abuse and increase student text-messaging or cell phone charges.
- Launching a denial of service attack on a students' website.
- Sending "jokes" about a student to others or mailing lists.

The CyberChat Language

Obtained from various sources, including

<http://staff.howard.k12.md.us/~gwynethj/internetsafety/internetsafety.html>

AFAIK	As Far As I Know
AFK	Away From Keyboard
ASAP	As Soon As Possible
BAS	Big A** Smile
BBL	Be Back Later
BBN	Bye Bye Now
BBS	Be Back Soon
BEG	Big Evil Grin
BF	Boyfriend
BIBO	Beer In, Beer Out
BRB	Be Right Back
BTW	By The Way
BWL	Bursting With Laughter
C&G	Chuckle and Grin
CICO	Coffee In, Coffee Out
CID	Crying In Disgrace
CNP...	Continued (in my) Next Post
CP	Chat Post(a chat message)

CRBT	Crying Real Big Tears
CSG	Chuckle Snicker Grin
CYA	See You (Seeya)
CYAL8R	See You Later (Seeyalata)
DLTBBB	Don't Let The Bed Bugs Bite
EG	Evil Grin
EMSG	Email Message
FC	Fingers Crossed
FTBOMH	From The Bottom Of My Heart
FYI	For Your Information
FWIW	For What It's Worth
GAL	Get A Life
GF	Girlfriend
GFN	Gone For Now
GMBA	Giggling My Butt Off
GMTA	Great Minds Think Alike
GTSY	Glad To See You
H&K	Hug and Kiss
HABU	Have A Better 'Un
HAGN	Have A Good Night
HAGU	Have A Good 'Un
HHIS	Hanging Head in Shame
HUB	Head Up Butt
IAE	In Any Event
IC	I See

IGP	I Gotta Pee
IMNSHO	In My Not So Humble Opinion
IMO	In My Opinion
IMCO	In My Considered Opinion
IMHO	In My Humble Opinion
IOW	In Other Words
IRL	In Real Life
IWALU	I Will Always Love You
JMO	Just My Opinion
JTLYK	Just To Let You Know
KIT	Keep In Touch
KOC	Kiss On Cheek
KOL	Kiss On Lips
L8R	Later
L8R G8R	Later 'Gater
LHM	Lord Help Me
LHO	Laughing Head Off
LHU	Lord Help Us
LMAO	Laughing My A\$\$ Off
LMSO	Laughing My Socks Off
LOL	Laugh Out Loud
LSHMBB	Laughing So Hard My Belly is Bouncing
LSHMBH	Laughing So Hard My Belly Hurts
LSHTTARDML	Laughing So The Tears Are Running Down My Leg

LTNS	Long Time No See
LTS	Laughing To Self
LUWAMH	Love You With All My Heart
LY	Love Ya
MTF	More To Follow
NRN	No Reply Necessary
NADT	Not A Darn Thing
OIC	Oh, I See
OL	Old Lady (significant other)
OM	Old Man (significant other)
OTOH	On The Other Hand
OTTOMH	Off The Top of My Head
PDS	Please Don't Shoot
PITA	Pain In The A\$\$
PM	Private Message
PMFJI	Pardon Me For Jumping In
PMP	Peed My Pants
POAHF	Put On A Happy Face
QSL	Reply
QSO	Conversation
QT	Cutie
ROFL	Rolling On Floor Laughing
ROFLAPMP	ROFL And Peeing My Pants
ROFLMAO	ROFL My A** Off
ROFLMAOAY	ROFLMAO At You

ROFLMAOWTIME	ROFLMAO With Tears In My Eyes
ROFLUTS	ROFL Unable to Speak
RTFM	Read The F***** Manual!
SETE	Smiling Ear To Ear
SHID	Slaps Head In Disgust
SNERT	Snot-Nosed Egotistical Rude Teenager
SO	Significant Other
SOT	Short Of Time
SOTMG	Short Of Time Must Go
SWAK	Sealed With A Kiss
SWAS	Scientific Wild A** Guess
SWL	Screaming with Laughter
SYS	See You Soon
TA	Thanks Again
TCOY	Take Care Of Yourself
TILII	Tell It Like It Is
TNT	Till Next Time
TOY	Thinking Of You
TTFN	Ta Ta For Now
TTYL	Talk To You Later
WAS	Wild A** Guess
WB	Welcome Back
WTH	What/Who The Heck (or H**)
YBS	You'll Be Sorry
YG	Young Gentleman

YL

Young Lady

YM

Young Man

Emoticons and Things

Emoticons are symbols which indicate emotions. This section contains emoticons and other symbols used by chatters, which are easily made with ordinary keyboard characters

:-	Ambivalent
o:-)	Angelic
>:-(Angry
-I	Asleep
::():::)	Bandaide
:-}	Blowing a Kiss
\-o	Bored
:-c	Bummed Out
C	Can of Coke
P	Can of Pepsi
:()	Can't Stop Talking
:*)	Clowning
:'	Crying
:!-)	Crying with Joy
:!-(Crying Sadly
c[T]	cup of tea
_/7	cup (coffee/tea)
c[C]	cup of coffee
:-9	Delicious, Yummy

:->	Devilish
;->	Devilish Wink
:P	Disgusted (sticking out tongue)
:*)	Drunk
:-6	Exhausted, Wiped Out
:(Frown
\~/	Full Glass
_/\	Glass (drink)
^5	High Five
(((((name))))	Hug (cyber hug)
(()):**	Hugs and Kisses
:-I	Indifferent
:-#	Lips are Sealed
:~/	Mixed Up
:-O	Mouth Open (Surprised)
(_)	Mug (coffee, beer)
@[_]~~	Mug of HOT Coffee or Tea
****	Popcorn
&&&&	Pretzels
@--)--(--	Rose
---/--@	Rose
:-@	Screaming
:O	Shocked
:)	Smile
^	Thumbs Up

:-&	Tongue Tied
:-\	Undecided
;))	Wink
-O	Yawning

Dictionary Continues

poof	has left the chat
^5	High 5
20	Location
73	Best Regards
88	Love and Kisses
100	Nature Calls/Pit Stop
404	I have no clue (what you get when you enter a wrong URL)
12345	Talk About School
A/S/L?	Age/Sex/Location?
ADN	Any Day Now
AFAIK	As Far As I Know
AFK	Away From Keyboard
AKA	Also Known As
ASAP	As Soon As Possible
B4	Before
B4N	Bye For Now
BAS	Big A** Smile

BBL	Be Back Later
BBN	Bye Bye Now
BBS	Be Back Soon
BCNU	Bee Seeing You
BIBO	Beer In, Beer Out
BD	Big Deal
BF	Boyfriend
BFN	Bye For Now
BIBO	Beer In, Beer Out
BL	Belly Laugh
BMGWL	Busting My Gut With Laughter
BRB	Be Right Back
BTDT	Been There, Done That
BTW	By The Way
BWL	Bursting With Laughter
C&G	Chuckle and Grin
CICO	Coffee In, Coffee Out
CID	Crying In Disgrace
CNP...	Continued (in my) Next Post
CP	Chat Post(a chat message)
CRBT	Crying Real Big Tears
CSG	Chuckle Snicker Grin
CU	See You
CYA	See You (Seeya)
CYAL8R	See You Later (Seeyalata)

DLTBBB	Don't Let The Bed Bugs Bite
DOM	Dirty Old Man
DOS	Dozing Off Soon
DTRT	Do The Right Thing
DWB	Don't Write Back
DWPKOTL	Deep Wet Passionate Kissed On The Lips
EG	Evil Grin
EMSG	Email Message
ES	Enough Said
F2F	Face To Face
FC	Fingers Crossed
FTBOMH	From The Bottom Of My Heart
FOZ	From Australia (aka OZ)
FOCL	Falls Off Chair Laughing
FUBAR	Fouled Up Beyond All Recognition
FYI	For Your Information
FWIW	For What It's Worth
G	Grin
GAL	Get A Life
GF	Girlfriend
GFN	Gone For Now
GGP	Gotta Go Pee
GL	Good Luck
GM	Good Morning
GMAB	Give Me A Break

GMBO	Giggling My Butt Off
GMTA	Great Minds Think Alike
GN	Good Night
GNSTDLTBBB	Good Night, Sleep Tight, Don't Let The Bed Bugs Bite
GR8	Great
GTG	Got To Go
GTSY	Glad To See You
H&K	Hug and Kiss
HABU	Have A Better 'Un
HAGN	Have A Good Night
HAGU	Have A Good 'Un
HAND	Have A Nice Day
HHIS	Hanging Head in Shame
HI	Laughter
HIG	How's It Going
HT	Hi There
HUB	Head Up Butt
IAE	In Any Event
IC	I See
IGP	I Gotta Pee
ILY	I Love You
IMNSHO	In My Not So Humble Opinion
IMO	In My Opinion
IMCO	In My Considered Opinion

IMHO	In My Humble Opinion
IMS	I'm Sorry
IOW	In Other Words
IRL	In Real Life
ITIGBS	I Think I'm Gonna Be Sick
IWALU	I Will Always Love You
J4G	Just For Grins
JAM	Just A Minute
JK	Just Kidding
JMO	Just My Opinion
JTLYK	Just To Let You Know
KISS	Keep It Simple, Stupid
KIT	Keep In Touch
KOC	Kiss On Cheek
KOL	Kiss On Lips
KOTC	Kiss On The Cheek
KWIM	Know What I Mean
L	Laugh
L8R	Later
L8R G8R	Later 'Gator
LHM	Lord Help Me
LHO	Laughing Head Off
LHU	Lord Help Us
LMAO	Laughing My A\$\$ Off
LMIRL	Lets Meet In Real Life

LMSO	Laughing My Socks Off
LOL	Laugh Out Loud
LSHMBB	Laughing So Hard My Belly is Bouncing
LSHMBH	Laughing So Hard My Belly Hurts
LSHTTARDML	Laughing So The Tears Are Running Down My Leg
LTNS	Long Time No See
LTS	Laughing To Self
LUWAMH	Love You With All My Heart
LY	Love Ya
LY4E	Love You Forever
MTF	More To Follow
NEC	Not Even Close
NRN	No Reply Necessary
NADT	Not A Darn Thing
NP	No Problem
NSTLC	Needs Some Tender Loving Care
NVNG	Nothing Ventured, Nothing Gained
NW	No Way
OIC	Oh, I See
OL	Old Lady (significant other)
OM	Old Man (significant other)
OMG	Oh My God
OTOH	On The Other Hand
OTTOMH	Off The Top of My Head

PAW	Parents Are Watching
PDS	Please Don't Shoot
PITA	Pain In The A\$\$
PLS	Please
PM	Private Message
PMFJI	Pardon Me For Jumping In
PML	Pissing Myself Laughing
PMP	Peed My Pants
POAHF	Put On A Happy Face
POS	Parent Over Shoulder
PPL	People
S	Smile
QSL	Reply
QSO	Conversation
QT	Cutie
RL	Real Life
ROFL	Rolling On Floor Laughing
ROFLAPMP	ROFL And Peeing My Pants
ROFLMAO	ROFL My A** Off
ROFLMAOAY	ROFLMAO At You
ROFLMAOPMP	ROFLMAO Peeing My Pants
ROFLMAOWTIME	ROFLMAO With Tears In My Eyes
ROFLUTS	ROFL Unable to Speak
RME	Rolling My Eyes
ROTFL	Rolls On The Floor Laughing

RT	Real Time
RTFM	Read The F***** Manual!
SETE	Smiling Ear To Ear
SHID	Slaps Head In Disgust
SNERT	Snot-Nosed Egotistical Rude Teenager
S^	S'UP - What's Up?
SNAFU	Situation Normal; All Fouled UP
SO	Significant Other
SOT	Short Of Time
SOTMG	Short Of Time Must Go
STO	Sticking Out Tongue
SUAKM	Shut Up and Kiss Me
SWAK	Sealed With A Kiss
SWAG	Scientific Wild A** Guess
SWL	Screaming with Laughter
SYS	See You Soon
SYT	Sweet Young Thing
TA	Thanks Again
TCOY	Take Care Of Yourself
TIA	Thanks In Advance
TILII	Tell It Like It Is
TLC	Tender Loving Care
TNT	Till Next Time
TNX	Thanks
TOY	Thinking Of You

TTFN	Ta Ta For Now
TTYL	Talk To You Later
TY	Thank You
TYVM	Thank You Very Much
TX	Thanks
WAG	Wild A** Guess
WAYD	What Are You Doing
WB	Welcome Back
WBS	Write Back Soon
WEG	Wicked Evil Grin
WKF	Well Known Fact
WTG	Way To Go
WTH	What/Who the Heck (or H**)
YBS	You'll Be Sorry
YG	Young Gentleman
YL	Young Lady
YM	Young Man
YW	You're Welcome

Gamer's Jargon

19	0 Hand
AGB	Almost Good Bridge (down by 2 tricks)
ANGB	Almost Nearly Good Bridge (down by 3 tricks)
BOTS	Robots
CMAP	Cover My Ass Partner
GB	Good Bridge (down by one trick)
GC	Good Crib
GG	Good Game
GGA	Good Game All
GIC	Gift In Crib
GJP	Good Job Partner
GL	Good Luck
GLA	Good Luck All
GJ	Good Job
GM	Good Move
GT	Good Try
HF	Have Fun
JAS	Just A Second
KB	Kick Butt
NAGB	Nearly Almost Good Bridge (down by 3 tricks)
NBFAB	Not Bad For A Beginner
NBFABS	Not Bad For A Bot Stopper

NC	Nice Crib
NGB	Nearly Good Bridge (down by 2 tricks)
NH	Nice Hand
NM	Nice Move
NME	Enemy
NN	Nice Nil
NR	Nice Roll
NS	Nice Set
NT	Nice Try
O	Opponent
P	Partner
RM	Remake
TRAM	The Rest Are Mine
TY	Thank You
VEG	Very Evil Grin
VWD	Very Well Done
VWP	Very Well Played
WD	Well Done
WP	Well Played
WTG	Way To Go
YW	You're Welcome

[The source Page by Steve Grossman no longer active](#)

Chatiquette

By Steve Grossman (contact information non-existent)

Chatiquette is the etiquette of the Internet chatting world. Included here is advice on how to conduct yourself, and how you should expect to be treated during your chat experiences.

1. Show RESPECT to other people. If someone disrespects you ignore them, rather than to argue with them and spoil the enjoyment of the other people who may be present. Avoid the use of language or attitudes which may be offensive to others (see No. 3 and 4 below).
2. When entering a chat room for the first time, be cool and try to get the 'feel' of the room and the people in it before you jump right in. If the atmosphere of the room is not what you are looking for, just leave and try another.
3. Remember that you are not anonymous. All chat servers are capable of capturing your IP (email address), and most of them log all visitors to a file. Your IP address leads to your ISP (Internet Service Provider) who maintains your person information on file. (see No. 4 below)

4. Remember that chat is not private. Chat programs on chat servers are file oriented, and all posts (messages) are in the file(s). Conduct yourself as if what you say is being recorded, because it is. (see No. 3 above)

5. Address each post to the party to whom it is directed.. Posts which are not addressed to anyone sometimes are not answered. Most people reply to posts directed at them, unless they have good reason not to. (see No. 6 below)

6. Reply to any post directed to you in a courteous manner, unless there is good reason not to. Don't confine your chat to one person only, as others may take offense or feel left out.

7. Use bolding and/or caps for emphasis only; continuous 'shouting' can be annoying.

8. If you have questions, ask away, but in a courteous manner. Most people will respond in like manner, and, if your question is too personal for them, they will politely say so. Asking questions is an excellent way to start conversations. Most people like to welcome and help 'newbies'.

9. If someone arrives who is being offensive, ignore that person. Do not post to him/her and do not mention him/her in your posts to

others, except to advise them to ignore him/her. An offensive person quickly tires of talking to him/her self and leaves. Report any such incident immediately to the chat service so that appropriate action can be taken. The longer you wait, the more work it is to go through logs and files (see No. 3 and 4 above).

10. It is acceptable to give your email address to others, and to ask others for theirs. Giving out one's email address is a matter of personal preference, and declining to do that should not be taken as an insult.

11. Above all else, EMAIL YOUR ADDITIONS, INPUT AND COMMENTS for the Chatter's Jargon Dictionary page by [clicking on this](#). Click on this to [visit my web site](#) for info on PowWow, Internet telephones and other neat stuff. (*Website and email address no longer active.*)

Solutions...

What to do if you are being cyberbullied

By Multiple Sources

- Do not respond/engage to the abuse. No back and forth.
- Talk to someone about it. Ignoring bullying leads to escalation.
- Keep records/print off messages if possible, to help identify bully.
- If necessary get a new number, account, give it out one person at a time and keep a diary to record any abuse. Your tormenter may be closer than you think.
- Take a break--Unplug.

Parent Solutions...

What to do if your child is being cyberbullied

- Make a more "talkable" subject.
- Place and keep the computer in an open, common area.
- Inform Internet Service Provider (ISP) or cell phone service provider of abuse.
- Do not erase messages; keep for evidence.
- Software help--McAfee Parental Controls filter both IM and Chat Rooms. Tracker programs.

School Solutions

- Amend anti-bullying policies to include text messaging, cell phone use and online bullying.
- Make a commitment to educate teachers, students and parents about cyber bullying.
- Make sure parents know whom to contact at the school if there is a problem.
- Never allow a known incident of bullying to pass unchallenged and not deal with it.

Bullies on a Virtual Playground...

Sticks and Stones No Longer Needed

by Joe Bruzzese, MA

Imagine arriving home to find your child beaten at the hands of a school yard bully. Cuts and bruises highlight the physical abuse inflicted just beyond the watchful eyes of school officials.

But, long before the bruises appeared, your child suffered a far more destructive form of abuse; Text messages, YouTube videos and a foray of abusive posts on MySpace broke your child's confidence long before the bully's sticks and stones ever did.

Once viewed as harmless teasing, cyberbullying (bullying through the use of electronic devices) now accounts for the majority of abusive behavior among teens. Taunts and threats formerly confined to written notes and conversations in the halls now flows freely from one cell phone to the next before finding their way online and into a chatroom or onto a MySpace page.

Nationwide, two-thirds of teens have had "mean, threatening or embarrassing things said about them online," according to a survey

commissioned by Fight Crime; Invest in Kids, a national nonprofit organization of law enforcement.

The survey results revealed another, equally startling finding. The majority of cyberbullying cases are never reported. When asked about their reluctance to report bullying, teens shared their fear of losing internet access or their cell phones as a possible consequence if their parents became aware of the abuse.

“Being bullied is not just an unpleasant rite of passage through childhood,” said Duane Alexander, M.D., director of the NICHD.

“It’s a public health problem that merits attention. People who were bullied as children are more likely to suffer from depression and low self esteem, well into adulthood, and the bullies themselves are more likely to engage in criminal behavior later in life.”

Left unchecked, online abuse can quickly escalate to abuse in the offline world.

The tragic suicide of 13-year-old, Megan Meier, who took her own life after continued online abuse, highlights the devastating effect that cyberbullying can have on the teenage psyche.

As a result of high profile cases like Megan’s and our nation’s grief in response to the Columbine massacre, many states have enacted new

legislation to extend the scope of anti-bullying policies to include cyberbullying behavior.

Although California amended their anti-bullying legislation in 2003 with the passing of Senate Bill 719 (Bullying Prevention for School Safety and Crime Reduction Act), the state still falls short in their attempt to define bullying and harassment as well as failing to include legal protection for school districts who comply with the new policy. Support may not be far away. The recent addition of Senate Bill 86 would extend a school's ability to suspend or recommend expulsion for students who engage in bullying or cyberbullying. Currently the bill sits among state assembly members after passing a senate vote.

As more states begin adopting anti-bullying policies, parents and teachers could see some relief from what has become a national epidemic among the teen population.

The absence of legal muscle has given rise to watch dog sites like the Bully Police (www.bullypolice.org) and Wired Safety (www.wiredsafety.org) who track bullying incidents and offer parents resources for identifying and reporting abuse.

While parents and teachers can partner to monitor the structured parts of a child's day, most kids face feel the effects of cyberbullying

in the afterschool hours when adult supervision is at a minimum. Looking for signs of online abuse takes a keen eye. With the growing gap in internet awareness between teens and parents, it's a rare parent that can decipher their child's online activity. Reviewing online resources and attending parent education presentations will help to bridge the gap and raise the level of awareness needed to identify and report abusive behavior.

Action steps for parents

1. Share observations. Sharing statements like, "You seem sad today" or "This seems like a rough week for you" may open the door to a conversation with your child.
2. Investigate. Outside of weekday mornings and evenings, a parent's time with a child is often limited to a few quick phone calls and weekend activities. Sharing a conversation with adults who see your child on a regular weekly basis fills in the gaps of what you might be missing. Connecting with teachers, coaches, and mentors can be an invaluable source of information about a child's life. If concerns arise about your child's behavior, turn to this group of adults for insight.
3. Make contact. A casual argument between friends doesn't call for a heated visit to the school's front office; however, when

arguments turn physical or include verbally abusive statements don't hesitate to schedule an appointment with the school counselor. Bring the evidence you have from your observations as well as any conversations with adults who regularly interact with your child.

4. Avoid the Paparazzi. Coach your child to stay clear of impromptu cell phone camera shots. An innocent shot, snapped quickly between classes can eventually find its way into a bully's hands.

5. Report it. The moment you become aware of a threatening email, or see anything online referencing your child in a negative way, report it to school administrators and law enforcement officials. Collect any abuse communication (emails, instant messages or text messages) that could be used to document bullying behavior.

Bringing bullying to an end takes a team effort. Schools and law enforcement agencies have risen to meet the challenge of keeping kids safe, but the brunt of the burden still falls on the shoulders of victims and their families. Through a continued effort to identify and report bullying incidents, teens regain self confidence and move toward a happy and healthy future.

Additional online resources on the topic of bullying and cyberbullying:

<http://www.stopcyberbullying.org> - Resources and information directed at children ages 7-17. Developed by the Wired Safety organization (www.wiredsafety.org) the world's largest internet safety and help group

<http://www.safeyouth.org> - A resource created by the National Youth Violence Prevention Resource Center

<http://stopbullyingnow.hrsa.gov> - Audio, video and text-based resources created by U.S. Department of Health and Human Services Administration

<http://www.bullypolice.org> - Internet watch dog group featuring speakers, literature and the current status of bullying legislation in our nation

<http://www.bullycide.org> - Read excerpts from *Bullycide in America*, a collection of stories from the parents of bullying victims, including cyberbullying victims.

Additional reading on the topic of bullying:

- *Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy*
by Rachel Simmons
- *Bullycide in America*
by Brenda High
- *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence*
by Rosalind Wiseman
- *The Anti-Bullying Handbook*
by Keith Sullivan

Letter to Congressman Hastings about “Cyberbashing”

By Brenda High

Recently I felt it was necessary to call my Congressmen about taking action to stop "CyberBashing" by initiating a Federal Law. On this same day, I got a phone call from the producers of Geraldo at Large (FOX News) and they are planning to do a story on this subject as well as other bullying issues including Bully Police USA's involvement in getting state anti bullying laws passed. They had heard about Cyberbashing (a new treacherous type of cyberbullying) recently on the news because of the research of our Bully Police New York Co-Director, Deb Shaw, and plan to incorporate this story into their byline.

Deb Shaw's child had been bullied on a bus and she searched the internet for a possible posting by someone about the bus assault. What she found was astounding, over 3,000 other bullying incidents, some very violent and too hard to watch. She also found a "cartoon" by her sons' bully, burning down their schoolhouse. She and Philip Recchia, a reporter friend from The New York Post, began working on an article for the Post with her research and it was just recently

published. It caused a wave of outcries for reform. They are planning to do another article soon.

Deb Shaw has received calls from "Good Morning America" and "Primetime" about doing interviews and stories on this new type of cyberbullying - a young American's worst type of terrorism. There will be many of these stories in the news in the near future and it would be good for all of our Congressman and Senators to have a heads up - maybe even taking a step beyond by proposing new legislation to combat this disgraceful online activity.

Below is my letter to Congressman Doc Hastings with photo headlines of Philip Recchia's article at the end. Please feel free to send this document to your Congressmen and Senators who are proactive and care about the safety of children. You have permission to add to the document your thoughts and revise it if need. Then sign your name to the document. Federal Legislative action must be taken quickly to save many innocent victims of bullying from further pain and embarrassment.

Dear Congressman Hastings,

Recently an article from the New York Post, "Twisted Bullies' Web of Violence", copied below, brought to light a very sad wave of events

beginning to occur in the United States. This type of violence called “cyberbashing” already has a hold in the UK with escalating internet violence beginning to happen all over the world. The lawsuits are beginning to fly.

The preamble to our Constitution says, “We the people of the United States, in order to form a more perfect union, **establish justice, insure domestic tranquility**, provide for the common defense, **promote the general welfare**, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution of the United States of America.” If vulnerable young citizens receive no justice, no tranquility, and their general welfare is taken from them by internet violence, who will protect them, unless adults in authority, such as you, come to their aide.

I believe it is time to initiate a law to protect victims of online bullying. State Legislatures cannot handle internet laws. These online bullies, cyberbullies via cyberbashing, not only brutalize their victim once on a playground or street, but also victimize their victim twice by posting their assaults and illegal activities online. Then the victims are bullied repeatedly as thousands of others make, sometimes-obscene comments, about the video and assaults. To make matters worse, anyone, from anywhere in the world can view these videos. **It is an international shame and an international embarrassment.**

Websites and Organizations such as, i-Safe.org, WiredSafety.org, BullyPolice.org (Bully Police USA), Fight Crime: Invest in Kids, etc., are calling for restraint on the websites allowing this human garbage on the internet. When YouTube.com and other websites allow crimes against kids, be it bullying or assault, to be shown on their websites in the name of entertainment under the guise of Free Speech (for bullies only), the people of this country suffer another denigrating evolution towards societal breakdown. What will come next? Will video rapes be the next internet craze?

I believe both Democrats and Republicans can come together to make a law that will make parents, victims of bullying, society, law enforcement and even website owners happy. No one wants a lawsuit and when a law is applied to protect victims, laws benefit those who may not knowingly encourage victimization. I do not believe YouTube.com (now owned by Google), likes this type of video violence on their site - give them a law and they can enforce it on their users with the force of law.

For any further information about bullying, cyberbullying or any bullying topic, please email me at Brenda@jaredstory.com. I would enjoy helping to write this law in some way as I and my volunteers have helped state lawmakers write passing anti bullying laws in several states during the last few years.

TWISTED BULLIES' WEB OF VIOLENCE



How it works

- School bullies beat up a fellow student while being videotaped.
- The image is then posted on the internet.
- It solicits comments and exacerbates the



- It solicits comments and exacerbates the victim's humiliation.
- **First appeared:** 2003 in Great Britain; 2005 in the United States.
- **Lehman HS beating (left):** Viewed **11,894 times**
- **B'klyn Tech beating (below):** Viewed **1,000 times**

Online beating vids a kid fave

EXCLUSIVE

By PHILIP RECCHIA
The brutal handiwork of schoolyard bullies is becoming a popular form of online entertainment among Big Apple kids.

freshman of Middle Eastern descent as he emerges from the Tremont East diner across the street. They then shove him against a brick wall while he cowers from their blows. At least two other



The New Wave

A Warning About Cyberbullying



**By Adrianna Sgarlata, Director, Bully
Police Virginia - Miss Virginia 2006**

Photo at left: Adrianna at age 9

Technology has altered our lives,
dramatically, over the last few years.

According to iSafe, Inc., (Internet Safety
Education) an estimated 77 million youth ages five through
seventeen regularly use the Internet.

When I was in high school, we used the Internet to look up news
articles, find definitions of words, and to look at a website for our
favorite brands. Today, children of all ages, and even adults, are
using the Internet as a means of everyday communication via emails,
instant messages, blogs, etc. In fact, these new technologies have
moved beyond “everyday communication”; they have become their
own form of communication, unlike anything we have seen before.

The detached nature of these new forms of communication offer bullies the opportunity to spread their messages of hate far and wide, with unusual speed, and a sense of anonymity. When the use of these communication tools becomes harmful to the feelings of another person, this is called cyberbullying.

In its broadest sense, cyberbullying is bullying (i.e., repeated attacks of another with the intent to harm someone, physically, emotionally, socially, etc.) using an impersonal form of communication, namely, electronic communication. While the intent of all forms of bullying may be the same, the differentiating factor between bullying and cyberbullying lies in the medium used to convey the message. This includes computers, cell phones, and any other devices that transmit messages from one person to another.

ISafe, Inc. adds this to the definition:

Cyber Bullying is verbal harassment that occurs during online activities. It can take many forms, including:

- A threatening email
- Nasty instant messaging session
- A threatening email
- Repeated notes sent to the cell phone
- A website set up to mock others

- “Borrowing” someone’s online identity and pretending to be them while posting a message.
- Forwarding supposedly private messages, pictures, or video to others.

We have heard the saying: “Sticks and stones may break my bones, but names will never hurt me”. Sadly, this old saying is untrue. Names can, and do hurt. I know, because I was bullied as a child. I am Adrianna Sgarlata, and as I write this chapter, I'm also Miss Virginia



2006. Since my first pageant three years ago, the primary goal of the appearances I have made has been to call attention to the need to teach our youth not to bully, but instead how to behave respectfully and value others. When cyberbullying occurs, the respect and value we have for others is ignored, and the effects are devastating.

Cyberbullies use the anonymity of electronic communications over the Internet, in chat rooms, and through Instant Messaging (IM) for purposes of intimidation, embarrassment, or exclusion. They can quickly and easily generate trouble for others by creating false situations that reflect badly on someone else, which usually leads to a devaluation of the person being targeted.

As an example, pictures can be obtained through personal profile pages, like MySpace.com, and then posted on social networking pages to embarrass a victim. Millions of teenagers have a personal profile posted on one or more of the many popular social networking sites that have sprung up in the last few years.

In one Virginia school I visited, a sixth grader had created an online poll to select the ugliest girl in the school, with the whole school able to cast votes. Other instances have included false and embarrassing information posted and hit lists of the top 5 or 50 students and teachers to target. Parents must teach their children to watch out and report any acts of cyberbullying to an adult immediately; unfortunately, it is often very difficult for adults to learn of these events until it is too late to avoid very damaging results.

Instant Messaging, (IM), is a particularly dangerous medium for electronic communication. In addition, kids have developed very sophisticated mechanisms to target their victims. Cyberbullies have been known to change their on-line identity by creating new screen names, posing as a good friend of the victim, then engaging in conversations, inducing the victim to share things they would only share with a best friend. Many kids learn the hard way that in cyberspace, anyone can “be” anyone. Similar tactics are being used

by sexual predators to lure children into sexual encounters...and worse.

One of my fellow pageant “sisters”, Samantha Hahn, a former Miss Teen New Jersey, tells the following story about her cyberbullying experiences, as she spoke before a congressional sub-committee on iSafe’s behalf:

“My bullying experience started with a rumor that quickly escalated into verbal and physical abuse and eventually onto the Internet. The bullying lasted for almost 6 years. I changed schools three times. But even that did nothing to stop the bullying, because the bullies found new ways to torment me.

“For me, the worst part of being bullied was when it was on the Internet - cyberbullying - because you have no idea who your attackers may be. They can hide behind a screen name, remaining anonymous while the victim becomes increasingly vulnerable and defenseless. They can say cruel and malicious things, threaten, or even pretend to be other people. I received instant messages and emails saying, 'We're going to kill you'; 'I wouldn't go to the bathroom alone if I were you'; and 'you better watch your back.'

“On the Internet, you have no idea who the bully is. You're in class looking at every student as if he or she is the enemy. Because of the bully's mind games, I started having nightmares and couldn't eat. I was physically

making myself sick. The bullies got inside my head and made me paranoid, always looking over my shoulder wondering who might be the invisible attacker... After receiving online threats, I refused to go to the bathroom while in school. My grades dropped drastically because I couldn't concentrate. I was frightened all the time and afraid to go anywhere by myself. This continued on and off from 6th grade all through high school. Some weeks were quiet, and I thought things might be calming down. I would think, 'Wow, maybe the bullies got tired of me and moved on to someone new.' But as soon as I got comfortable, the abuse would start all over again.

“At first I tried to ignore the bullies thinking I was being oversensitive and hoping by not bringing attention to them-they would go away. Not only did the bullies NOT go away, the bullying grew progressively worse and more physical. I was pushed off the school bus onto the concrete and slammed into the glass doors of the school. I received several concussions over the years. I couldn't hide the bullying anymore; my parents reported every situation to the school. But, nothing was being taken care of. When a boy threw sheet metal at my face my parents took the issue to the Board of Education only to find no records of the bullying incidents we had reported. My bullying experiences were swept under the carpet.

“It has been a long time coming, but now with state laws on bullying requiring all schools to have an anti bullying policy in place, detailing

consequences for bullies– that can no longer happen. It is vitally important for victims and parents to know this.”

Sadly, not all States have passed anti bullying laws. You can see how your State is ranked in protecting your child from bullies at

www.BullyPolice.org.

The Effects of Cyberbullying

For decades, bullying has been regarded as an inevitable part of growing up – something a victim should simply “tough out”, often referred to as “child’s play.” It’s anything but. Now we know that the advice parents often give their child, “just ignore it”, is simply not effective. Bullying won’t go away, and you can’t try to “talk it out” with the other child – that’s not how bullies think. Bullies are mini-terrorists, and just as you aren’t going to negotiate with terrorists, you aren’t going to be successful at negotiating with bullies, or cyberbullies – if you can even find out who they really are. You must first try to prevent it from occurring, and if that fails, and you or your child becomes the victim of a cyberbully, you **MUST** document it, report it, and then block it. If you are a bystander, teacher, or parent, you must confront cyberbullying head on.

One thing we mustn’t do is to allow it to continue. Because we know that bullying is linked to depression, suicide, (the third leading cause of death among teenagers), vandalism, shoplifting, truancy, drug and alcohol use and violence. I believe that cyberbullying has done one critically important thing to all of these effects of traditional bullying – it has accelerated them. What might have occurred over months, to bully someone to death, literally, can now take place online, instantly, in hours, and certainly days. To be anything less than vigilant and

alert to cyberbullying problems is to have careless disregard for the safety of your child. It is very real.

Acts of cyberbullying are more powerful than spoken words, because they have the ability to be heard by thousands, tens of thousands, even millions of others. A harmful or mocking video of your child, of anyone, can be posted online for an instant distribution, and your child becomes an instant star, or laughing stock, to the masses. There is even a new type of planned cyberbullying called, “cyberbashing”, where bullies videotape an assault on a chosen victim and then post it on Youtube.com or MySpace.com. Such videos have now been aired on national news and talk shows. Essentially, the victim is victimized over and over again, as comments are solicited about the “fight” and/or, how good the “beating” was, compared to other videos that have been posted. Cyberbashing has become a violent plague in the United Kingdom, and the United States will soon see the same results if laws are not enacted to prevent this societal degeneration. A great many of these websites do not have the infrastructure behind them for proper oversight. Users agree to terms that place no liability on the hosting company, and ignore rules about posting inappropriate and violent material.

Worse than the problem of who is “listening” to cyberbullying is the problem of who is “behind” cyberbullying – who is it that is making the threats, or slandering your name or your child’s name? It’s one

thing to endure the hurtful words that others have planted in your brain/subconscious by bullying in school, but its very different when you're worrying about defending yourself from an unknown "assailant", who could be anyone, sitting next to you in class, riding on the bus, or walking the same route home, etc.

The problem of cyberbullying is compounded by the very nature of its existence in the electronic world, where words can have a shelf life of months, years, and even decades. With cyber-bullying, and the nature of the Internet, one wonders if victimized children today will still live in fear of their unknown bullies years after the threats or words are "typed" and delivered to the victim. The bully's hurtful electronic words are immortalized for "eternity" for all to see and read, decades after the child has grown up and had children of their own. Imagine being "Googled" when you apply for a job and up pops an internet page where you "won" ugliest girl in the class back when you were 13 years old. This is a serious problem most victims and parents haven't even begun to realize.

The battle lines are being drawn, and each of us must understand the role we play in keeping our children, and ourselves, safe, when using any form of electronic communication, from the Internet to email, IM (instant messaging), cell phone text messages, chat boards, or posting on social networks. The first line of defense against cyberbullying has to rest with parents. Early on, we teach our children not to hit

others, to be nice, to say nice things, and to respect others. We must add into our child rearing lessons and warnings to never say or do anything online that can hurt someone else's feelings. Our children must be taught that their words don't just reside on a screen, and then disappear in seconds, but that they can be SAVED by the receiver, and viewed by many for a long time to come. They can do harm over an extended period of time, and, they can even be seen as evidence that could be used against the posting child in any potential future lawsuit. These are sophisticated and important issues that need to be discussed with your children.

Responsible Internet (and cell phone) behavior must become part of a parent's teaching as soon as the child is old enough to be logged-on to a computer and manipulate a mouse. This isn't dependent on whether a child has access to a computer at home, because the same rules/laws will apply whether a child uses the Internet at home, school, the library a computer café, or anywhere else.

Electronic Communication –

Why is it so Different?

Communicating electronically has both pros and cons. The good is obvious – it's efficient – no wasted 'chit chatting' – just the facts. And it's fast and productive. Nevertheless, the bad can be very bad. The anonymity, immediacy, and pervasiveness of online communication make it very powerful, and potentially very harmful.

The telephone has been relegated to the second most popular form of indirect communication. Email, IM, Texting, they have taken over. Virtually gone are the days when someone said something and then tried to soften the words with a little smile or giggle. Now you just see the symbol ☺, or possibly a "He He" or a "Haha". Heard a funny joke online? All you need to say is "LOL", and everyone knows how you reacted – you "laughed out loud".

(See the "Chat-cronyms" section at the bottom of this report)

The Internet is unlike other forms of communication. Unlike when you talk over the phone, there are no tonal interpretations or verbal cues, such as inflections in your voice. Unlike personal contact, there are no facial expressions or body language to interpret when

something comes across electronically. This new form of communication is full of misinterpretations and misunderstandings.

The Internet and all forms of electronic communication are entirely different types of animals than what we are used to, and the implications are far reaching. How many times have you sent an email, only to have the receiver misunderstand the “tone” of what you meant? If you’re an adult, maybe you have the good sense to re-read your message before you hit send, but do teenagers? With teenagers, things can get out of hand quickly.

The, seeming, anonymity of the Internet and other electronic communication, is emboldening our youth to say things online that they would never say in person. Do our children really behave differently online than offline? The answer is a resounding YES! Children do act differently online, and most parents are shocked to learn that their little ‘angel’ turns into a little devil when they are in cyberspace.

In fact, in a recent survey by iSafes' National Assessment Center of parents and their children from August 2005 – July 2006, we learned there is a great divide between what parents think their children are doing online vs. what they are actually doing online:

- 78% of parents say they have established rules for their children's Internet usage.
- 37% of students say their parents have NOT established rules for their Internet usage.
- 26% of students say their parents would be concerned or restrict computer use if they knew what they did on the Internet.
- 41% of students say they do not share what they do or where they go online with their parents.

Other experts agree that some children, left unsupervised by their parents, might find it easier to use the Internet to explore any number of negative behaviors, from cyberbullying to having sexually suggestive chats, including engaging in online fantasies, chatting with strangers, even meeting with strangers without their parent's knowledge.

My generation was the first to grow-up from birth with a computer mouse in our hands, and sadly, parents have been left struggling ever since to figure out exactly what their children are doing online, and how to monitor it. They struggle to set boundaries and rules, give their children warnings, and teach their children about responsible use of electronic communication.

Who's cyberbullying Who?

The iSafe America research team has discovered a disturbing trend – cyber bullying has affected more than half the students surveyed.

This is quite a jump from the 15% to 20% estimated to be victimized by physical bullying.

Their latest assessments surveyed more than 1500 students ranging from fourth to eighth grade across the country. They found out:

- 58% of kids admit someone has said mean or hurtful things to them online
- 53% of kids admit having said something mean or hurtful things to another online
- 42% of kids have been bullied while online.

Even worse, iSAFE found that 58-percent of kids have not told their parents or any adult about something mean or hurtful that had happened to them online.

The tradition of home as a refuge from bullies on the school playground is over. The Internet is a new playground, and there are no off hours. The popularity of instant messaging, email, web pages,

and blogging means that kids are a target 24 hours a day, seven days a week.

It is time for teachers, school officials and parents to become aware of the rising trend of cyberbullying, cyberbashing and other online harassment incidents.

What to do if you are being cyberbullied

As Miss Virginia 2006, I was asked by iSafe, Inc. to visit schools throughout Virginia and, using their materials, conduct school assemblies and visit classrooms, teaching youth about cyberbullying. I decided to create a 5' by 5' bullycide Quilt, with the faces of nine (9) bullycide victims, the children of Bully Police USA volunteers, to try and show a human side to bullying and cyberbullying. Kids come up to me afterwards and you can tell the faces of the victims of bullycide on the quilt have affected them. The kids then begin to realize that behind the computer screen, their mean and hurtful words might lead to the death and destruction of someone just like them. And, if it can happen to these children, it could happen to anyone. (*See photos of the quilt at the end of this report*)

I believe the key to teaching children about cyberbullying, is by putting a real face on a faceless crime – yes, crime. Children and teenagers need to know that if their words are used as a weapon, they may be brought up on charges if their victim is hurt or hurts others to retaliate (suicide or school shooting). This is serious business. Sticks and stones may break our bones, but, yes, names can and do destroy others.

I don't believe the majority of our youth are bad kids, but I do believe, from addressing tens of thousands of youth, and speaking one on one with many, that they are not getting the message of the lasting impact of their activities online. The results of the iSafe survey, above, supports that feeling.

Prevention – try to avoid the cyberbully

Below are some strategies that parents and teachers need to ensure students are taught what I now refer to as the “4th R”, RESPECT.

- Don't give out or post on social networking sites any private information such as passwords, pin numbers, name, address, phone number, school name, or family and friends' names. Bullies and other harmful people on the Internet can use this information. Don't ever reveal your password to your friends. They might reveal it or use it against you in a fight. This happened to my brother. It can, and will happen, if you are not careful.
- Don't exchange pictures or give out email addresses to people you meet on the internet. Ask permission from parents when it is necessary to give such information.
- Avoid adding strangers to either your buddy list or to your social networking site. This is critical, and most children do not follow this advice.
- Don't send a message when you are angry – it's hard to undo things that are said in anger, especially online.
- Block messages from people you don't know, or those from people who seem intent on unhealthy dialogue. Do not engage them in conversation.

- When something doesn't seem right, it probably isn't. Get out of the site, chat, etc.
- Realize that online conversations are not private. Others can copy, print, and share what you have said or any pictures you have sent. Be careful! Expect *zero* privacy. Expect that anything negative you say online may be saved and can be used against you at a later time.

Action Steps when Prevention Isn't Working -What to do?

When I first began volunteering as the Virginia Director of Bully Police USA, I asked Brenda High, the founder, how to respond to students and parents requests for help concerning cyberbullying. Her advice, along with strategies from iSafe, Inc. follows:

First and most importantly, DON'T fight back online – or the bully will be able to claim you “started it”. The cyberbullying could go on and on and get worse and worse.

Next, tell a trusted adult, and keep telling them until action is taken.

For parents - don't be shy when demanding help for your child regarding cyberbullying. Use any means to record the ongoing actions and inform the teachers or principal that you intend to record and document everything in order to get help for your child. Too often the old “he said, she said” passes the buck, and days turn into weeks, weeks into months, months into years, and nothing gets resolved. Your child is re-victimized by inaction, uncertainty, or timidity.

Copy EVERYTHING - Save all emails or instant-message conversations. Install "DeadAIM," a component to the AOL Instant Messenger (AIM) application, which allows users to find, chat and record conversations between friends, as well as enemies.

Use tools like <http://www.spectorsoft.com/> to monitor your child's internet use if you believe that they are being bullied, but will not speak up about it. This program and others like it will help in capturing every possible instance of online bullying. You might not like the idea of spying on your child, but if you do nothing, the outcome could be far worse.

Set up a google alert on your child's name, to be notified whenever anything is posted online with your child's name in it. I am notified daily on any postings with my name, Adrianna Sgarlata. Go to "Google," click on "News," than at the left "Google Alerts."

If you find your child is under a cyberbully attack, send these emails and IM messages to the ISP. The big ones, like NetZero, Yahoo, Earthlink, AOL, MSN, all have abuse "desks" where you can report problems. If needed in the future, this provides further documentation of the problem, and creates a timeline for the abuse.

Parents, only use the services of an ISP with parental controls. Don't ask your child to set the parental controls up for you. That defeats

the purpose of the controls. Be sure your child or children can't guess the password. Change it frequently if necessary.

The safest place to put a family computer is in the most used room of the home - the place where most of the family traffic is. Keeping the computer in a public place assures that nothing will be done in secret. If this isn't practical and your child is going to have a computer in their room for homework purposes, consider not having internet abilities for that computer. If your child will have internet capabilities on their computer, work out a verbal agreement, or even a signed contract with them, that you have the right to inspect their usage and history (mentioned next) at anytime - while they are using the computer and when they are gone. It's a fair trade off because your number one job as a parent is to look out for the welfare and safety of each child in your care. Warning your child about cyberbullying could be as crucial to their survival as telling them not to play in the street.

Learn how to check the "history" of your child's online activities. Computers store the history but computer savvy kids today usually know enough to clear it out before they finish their session. We all know that teenagers can get careless, eventually. My parents informed me that they went into our history files EVERY SINGLE DAY to be sure we weren't getting into trouble. They never directly confronted us about our online activity in such a way that we figured

out how they knew what they knew, so we never took any steps to outsmart them. It was their feeling that as long as we lived under their roof, we were their responsibility to protect, and to teach right from wrong. Just because it might be going on electronically was no reason, they felt, for them to forsake their basic parenting responsibility. Some children may cry, "Invasion of privacy," Tough! Who's paying the mortgage (or rent) anyway! Tell you child, "If you can't talk about it, then maybe you shouldn't be doing it".

You may feel that you cannot do anything about online bullying because you cannot find the cyberbully. This may not always be true. Computer specialists can track down internet provider addresses of offending websites; some police departments have hired these specialists to work in their criminal investigation departments.

If your son or daughter is getting threatening email, your local police department may be able to help or lead you to a private investigator with computer skills. If the emails are terrorist type threats, report this immediately to the police, who will then report it to the F.B.I. Since Columbine, sharp students alerting authorities have thwarted several internet terrorist threats against schools.

Note that in all these instances, immediate ACTION is required. Don't wait for things to get worse.

You can get involved. Support a Federal Cyberbullying Law. Individual States can and do legislate school bullying – some states are working on cyberbullying bills. But cyberbullying can be interstate – from state to state – and all over the world. To protect all users of the internet, cyberbullying laws should be enacted in all countries, but especially in the United States, where we set an example for responsible technology usage around the world. To check out what a state law with a cyberbullying addition would look like, and to see if your state has an anti bullying law, go to www.BullyPolice.org. If your state has no law, contact Bully Police USA and volunteer to help enact one. Now that's really making a difference.

Speaking of passing a law...I was petrified when Brenda High, the founder of Bully Police USA, asked me to serve as the Virginia Director, and then told me it was my responsibility to get a law passed in Virginia. Within six months, however, Virginia had passed not one, but *two* laws, one protecting victims and the other, teachers who intervene on their behalf. Of course this was a lot of work, and there were others involved, but it was gratifying to know when Governor Warner invited me to the bill signing ceremony, then handed me the pen used to sign one of these bills into law, that 1.3 million children in Virginia would now experience a safer school environment than I did when I was a student in that school system.

Another thing worth mentioning...there *are* legal liability issues for parents where bullying is concerned. The parents of students who are doing the bullying may be held civilly liable for both the bullying, and for the emotional damages caused by their child's actions. If the cyberbullies' parents know what is going on (or had received a letter of complaint), they have "knowledge and notice" of harmful activity. They are most likely paying for the cell phone, telephone, and internet charges into their home - they are legally responsible for the manner in which they are used. Parents can be sued for damages.

There are also liability issues for schools. If a victim or his/her parents, has informed the school of cyberbullying, schools also fall under the "knowledge and notice" rule. If cyberbullying happens on school time, with school computers or a child is threatened to be "beat up" or assaulted while they are in school, the schools must take responsibility for such activities. (Schools act in behalf of parents when a child is in their care/custody.) Schools can be sued for damages.

Written Notes and Phone Bullies

If your child is being bullied through written notes, phone, or in person, document EVERYTHING. Save all written notes, even if you think the actions may not, technically, be bullying. Do NOT throw them away as they can be used to identify a bullying pattern or possibly even identify handwriting.

If your child's cyberbullying spills over into phone conversations, try to get a taped copy of the verbal assault on a recording device. Make it a habit not to answer the telephone right away. Wait for the answering machine to pick up a message. You may avoid incidents and/or manage to record an incident. Get caller ID and take a picture of the number that the call is coming from. This will document the phone number, date the call came in, and time of day. It is illegal to record a phone conversation without the other person's knowledge and it can't be used in court. However, using a recorded message left on a message machine CAN be used in court.

You can also call the telephone company and get their advice on handling threatening phone calls. If the phone company feels you have a basis (and your written record will help), they can trace the calls for you.

Advice for Victims of Crimes

You ARE a victim of a crime if you are bullied physically and sexually. Federal laws protect every citizen, young or old, from assault. Your State law may also solidify your child's human rights if they have an anti bullying law. (See www.bullypolice.org).

You MAY BE a victim of a crime if you are cyberbullied. It will take a little more digging and research to determine your rights under state and federal laws, but they are there, and many states are formulating cyberbullying laws right now.

Begin your research with the National Center for Victims of Crime (www.ncvc.org). They also have a Stalking Resource Center and a superb "Get Help" Series at, http://www.ncvc.org/ncvc/main.aspx?dbID=DB_GetHelp787

Check on civil stalking laws by STATE. Some state stalking guidelines may include cyberbullying, cyberbashing, cyberharassment, or cyberslander, poison pen emails, or IM's, etc. The key generally is whether the activity is a "pattern" occurring repeatedly, vs. a one-time event. This is why it is critical to SAVE all correspondence, and why you must tell your child, before it occurs,

how to recognize it should it occur, and why it's important not to cover the bullying up.

With stalking laws, there is a "reasonable person standard" that States will often employ to determine if a crime has been committed – namely, would the cyberbullying cause alarm, annoy, or harass a reasonable person. If so, a crime is being committed. It's really going to be up, in large part, to YOU to make a claim that the cyberbullying, cyberbashing, cyberharassment, or cyberstalking constitutes a crime. Other variables that the courts will look at include the circumstances, location, jurisdiction, unique facts of situation, relationships between victims and perpetrator, etc. Every State will define these variables differently (hence the reason we need a uniform Federal Cyberbullying Law which I'll be working on and you are welcome to join me).

Conclusion

After talking with kids, and working with numerous organizations like Bully Police USA and iSafe, Inc., I know for a fact that children and teens feel that bullying and cyberbullying, is not just a big problem, but perhaps the number one problem they face every day. In survey after survey, they see bullying as a bigger problem than peer pressure, drugs, drunk driving, cultural diversity, or the pressure of sexual promiscuity.

I personally lived through some harrowing bullying experiences and feel fortunate that it hadn't gotten bad enough to drive me to take my life, but all of us are wired differently. What is bearable to some may be unbearable to others. Don't assume that things haven't gotten bad enough to take action. You must react quickly when you find the first change in your child's behavior, or you discover your child has become the victim of a cyberbully. Instill and practice good cyber etiquette and habits, and stop bad behavior, your child's or a bully's, before it spins out of control.

Teach basic prevention as a part of your parenting responsibilities and never assume your child is immune to either being a bully or becoming a victim. At some point or another, it's likely they are BOTH.

Visit www.bullypolice.org and join the main Yahoo group that has been set up for support. This group is incredible! If your state has a Yahoo group, join that too. If your state doesn't have a Yahoo group, volunteer to start one.

Finally, give yourself a daily 'check-up from the neck up'; these self tests apply to cyber communication as well as everyday conversations: Are you 'Behaving Respectfully and Valuing Others', and showing it in your actions and in the words you speak, to your spouse, your children, while driving, while chatting on the phone, while emailing others? Are you teaching these basic principles to others, including your children? Only if you actively work at this daily, can you truly become part of the solution and not part of the problem.

**STATES WITH
CYBERBULLYING STATUTES**

There are 22 States (that we know of) with Cyberbullying Statues

Those with Anti Bullying Laws - Passing Grades

AR (A-) CA (B) DE (A++) FL (A++) IA (A-) ID (A-)
KS (B) KY (A++) MD (A++) MN (C-) NE (C+) NJ (B+)
OK (A) OR (A+) PA (B+) RI (A+) SC (A-) VA (A++)
WA (A+) WY (A++)

Those without Anti Bullying Laws - Failing or Unacceptable Grades

MI (F) MO (D-)

According to the NCSL, (The National Conference of State Legislatures), *“Cyberbullying is the willful and repeated use of cell phones, computers, and other electronic communication devices to harass and threaten others. Instant messaging, chat rooms, e-mails, and messages posted on websites are the most common methods of this new twist of bullying. Cyberbullies can quickly spread messages and images to a vast audience, while remaining anonymous, often making them difficult to trace. It is challenging to characterize cyberbullying in legislation however, language has included electronic communication, cyberbullying, and electronic and internet intimidation.”*

The NCSL lists 19 states as having cyberbullying laws from the time of their listing in January 2009. There are now 22 states that have cyberbullying laws, with Kentucky, (2008), Virginia and Wyoming in 2009 legislation.

A short synopsis of Cyberbullying laws

Arkansas - Law enacted: 2007 - Bill Number: HB 1072

Includes cyberbullying in school district harassment prevention policies.

California - Law enacted: 2008 - Bill Number: AB 86

Specifies that bullying, as used in the Interagency School Safety Demonstration Act of 1985, includes acts that constitute sexual harassment, hate violence, or severe or pervasive intentional harassment, threats, or intimidation and that are committed personally or **by means of an electronic communications device or system**. Provides grounds for school officials to suspend a pupil or recommend a pupil for expulsion for bullying, including **bullying by electronic act**.

Delaware - Law enacted: 2007 - Bill Number: HB 7

This bill creates the School Bullying Prevention Act. This bill provides for a safer learning environment for students attending public schools, including charter schools, in the State of Delaware

and for the staff members of those institutions. The bill requires each school district and charter school to establish a policy on bullying prevention with certain minimal requirements including, but not limited to developing a bullying prevention program and reporting bullying to the Delaware Department of Education. **Electronic communication is included in the definition of bullying.**

Florida – Law enacted: 2008 – Bill Number: HB 669

Prohibits bullying or harassment during education programs or activities, on school buses, **or through use of data or computer software accessed through school computer systems**; defines bullying as systematically and chronically inflicting physical hurt or psychological distress on one or more students; requires procedures as a prerequisite to receipt of school funds.

Idaho – Law enacted: 2006 – Bill Number: HB 750

Provides that no student shall intentionally commit, or conspire to commit, an act of harassment, intimidation or bullying against another student. Defines harassment, intimidation or bullying as any intentional gestures, or any intentional written, verbal or physical acts that a reasonable person under the circumstances should know will have the effect of harming a student; damaging a student's property; placing a student in reasonable fear of harm to his or her person; or placing a student in reasonable fear of damage to his or her property; or is sufficiently severe, persistent or pervasive that it

creates an intimidating, threatening or abusive educational environment for a student. **Provides that an act of harassment, intimidation or bullying may also be committed through the use of a land line, car phone or wireless telephone or through the use of data or computer software that is accessed through a computer, computer system or computer network.** Provides that a student who personally violates any provision shall be guilty of a misdemeanor.

Iowa – Law enacted: 2007 – Bill Number: SF 64

Provides that school districts and accredited nonpublic schools shall adopt anti-harassment and anti-bullying policies. **Defines "harassment" and "bullying" to mean any electronic,** written, verbal, or physical act...procedures for investigating complaints; and a statement on how the policy will be publicized. Provides immunity to those who report incidents. Requires districts and accredited nonpublic schools to develop and maintain a system to collect harassment and bullying incidence data and to integrate the policy into the comprehensive school improvement plan.

Kansas – Law enacted: 2008 – Bill Number: HB 2758

HB 2758 would **adds cyberbullying to school districts' policies** that prohibit bullying at school. Cyberbullying is defined as bullying by use of any electronic communication device, including email, instant messaging, blogs, mobile phones and websites.

Kentucky – Law enacted: 2008 – Bill Number: HB 91

Section 5. KRS 525.080 is amended to read as follows:

(1) **A person is guilty of harassing communications** when with intent to intimidate, harass, annoy, or alarm another person he or she:

(a) Communicates with a person, anonymously or otherwise, **by telephone, telegraph, mail or any other form of written communication in a manner which causes annoyance or alarm and serves no purpose of legitimate communication;**[or]

(b) Makes a telephone call, whether or not conversation ensues, with no purpose of legitimate communication; or

(c) Communicates, while enrolled as a student in a local school district, with or about another school student, anonymously or otherwise, by telephone, **the Internet**, telegraph, mail, or any other form of electronic or written communication **in a manner which a reasonable person under the circumstances should know would cause the other student to suffer fear of physical harm, intimidation, humiliation, or embarrassment and which serves no purpose of legitimate communication.**

Maryland – Law enacted: 2008 – Bill Number: HB 199

Requires the State Board of Education to develop a certain model policy prohibiting bullying, harassment and intimidation in schools; requires that the model policy include certain information; requires certain county boards of education to establish certain policies prohibiting bullying, harassment, and intimidation in schools based

on the model policy. HB 199 regards bullying, harassment, or intimidation as intentional conduct, including verbal, physical, or written conduct, **or an intentional electronic communication, that: Creates a hostile educational environment** by substantially interfering with a student's educational benefits, opportunities, or performance, or with a student's physical or psychological well-being.

Michigan – Law enacted: 2008 – Bill Number: EO 46

Creates the Juvenile Accountability Block Grant Advisory Board.

EO 46 states that the Advisory Board shall establish and maintain accountability-based programs that are designed to enhance school safety. **The programs may include research-based bullying, cyberbullying,** and gang prevention programs.

(This is a crazy bad “EO”...whatever that means. Someone should check to see if the “Accountability Block Grant Advisory Board” did any research on cyberbullying. ~Brenda)

Minnesota – Law enacted: 2007 – Bill Number: SB 646

Each school board **shall adopt a written policy** regarding intimidation and bullying in all forms, including, but **not limited to, electronic forms and forms involving Internet use.**

Missouri – Law enacted: 2008 – Bill Number: SB 818

This act modifies various provisions relating to stalking and harassment. This act requires school boards to have a written policy requiring school administrators to report crimes of harassment and stalking committed on school property to law enforcement.

According to SB 818 a person commits the crime of harassment if he or she knowingly frightens, intimidates, or causes emotional distress to another person **by making a telephone call anonymously or by any electronic communication.**

Nebraska – Law enacted: 2008 – Bill Number: LD 205

LD 205 requires that on or before July 1, 2007, each school district shall develop and adopt a policy concerning bullying prevention and education for all students. The school district shall review and approve the policy annually. Bullying is defined as any ongoing pattern of physical, verbal, **or electronic abuse** on school grounds, in a vehicle owned, leased, or contracted by a school being used for a school purpose by a school employee or his or her designee, at a designated school bus stop, or at school-sponsored activities or school-sponsored athletic events.

New Jersey– Law enacted: 2007 – Bill Number: SB 993

SB 993 includes electronic communication in the definition of public school harassment, intimidation or bullying. **The bill also defines electronic communication to mean a communication transmitted by**

means of an electronic device, including, but not limited to, a telephone, cellular phone, computer or pager.

Oklahoma – Law enacted: 2008 – Bill Number: SB 1941

Provides for a review of school district and higher education institution emergency plans; revises requirements for school district lockdown drills; **includes harmful electronic communication in the definition of bullying**; requires school district boards of education to investigate allegations of bullying and intimidation; authorizes a board to recommend mental health services; authorizes the issuance of grants to schools and higher education institutions to encourage emergency preparedness. See also HB 1804 (2005)

Oregon – Law enacted: 2007 – Bill Number: HB 2673

Requires school districts to adopt policy prohibiting cyberbullying; adds cyberbullying to provisions relating to school district policies on harassment, intimidation or bullying.

Pennsylvania – Law enacted: 2008 – Bill Number: HB 1037

Bullying is defined as any intentional electronic, written, verbal or physical act, or a series of acts: (1) directed at another student or students, (2) which occurs in a school setting, (3) that is severe, persistent or pervasive, and (4) that has the effect of doing any of the following: (i) substantially interfering with a student's education, (ii) creating a threatening environment, or substantially disrupting the

orderly operation of the school, and "school setting" shall mean in the school, on school grounds, in school vehicles, at a designated bus stop or at any activity sponsored, supervised or sanctioned by the school.

Rhode Island – Law enacted: 2008 – Bill Number: SB 2012

Expands the definition of student discipline codes relating to harassment or bullying **to include electronic communications; includes a computer, telephone, cellular telephone, text-messaging device and personal data assistance devices.** Also see SB 2012, HB 7213.

South Carolina – Law enacted: 2006 – Bill Number: HB 3573

Enacts the Safe School Climate Act. Defines harassment, intimidation and bullying and requires school districts to adopt policies prohibiting this behavior. **Bullying includes electronic communication. ...Includes the use of electronic communication in its definition.** The State Board of Education shall develop model policies applicable to grades kindergarten to 12 and shall develop teacher preparation program standards on the identification and prevention of bullying. Schools and school districts are encouraged to establish bullying prevention programs. Provides immunity to a school employee or volunteer who promptly reports an incident to the appropriate school official.

Virginia – Law enacted: 2009 – Bill Number: HB 1624

The Board of Education shall establish guidelines and develop model policies for codes of student conduct to aid local school boards in the implementation of such policies. **The guidelines and model policies shall include, but not be limited to, ...**(ii) standards, consistent with state, federal and case laws, for school board policies on alcohol and drugs, gang-related activity, hazing, vandalism, trespassing, threats, search and seizure, disciplining of students with disabilities, intentional injury of others, self-defense, bullying, **the use of electronic means for purposes of bullying, harassment, and intimidation**, and dissemination of such policies to students, their parents, and school personnel;

A school board **may regulate the use or possession of beepers or other portable communications devices** and laser pointers by students on school property or attending school functions or activities and establish disciplinary procedures pursuant to this article to which students violating such regulations will be subject.

Washington – Law enacted: 2007 – Bill Number: SB 5288

Provides that, by August 1, 2008, each school district shall amend its harassment, intimidation, and bullying prevention policy to include a section addressing acts of bullying, harassment, or intimidation that are conducted via electronic means. The policy shall include a requirement that materials be made available to

educate parents and students about the seriousness of cyberbullying. Provides that the material shall include information on responsible and safe internet use as well as what options are available if a student is being bullied via electronic means, including but not limited to, reporting threats to local police and when to involve school officials, the internet service provider, or phone service provider. If a school district has internet use policies, the act of bullying, harassing, or intimidating another student via online means shall be included as a prohibited act and be subject to disciplinary action.

Wyoming – Law enacted: 2009 – Bill Number: HB 0223/EA 58

Bullying is defined in *Definitions* as: “Harassment, intimidation or bullying” means any intentional gesture, **any intentional electronic communication** or any intentional written, verbal or physical act initiated, occurring or received at school that a reasonable person under the circumstances should know will have the effect of...

HELPFUL WEBSITES

These websites and links were active November 2008. If you find a link/website that is not active, please email Brenda@JaredStory.com to report the inactive link so we can keep an updated list of helpful website. Likewise, if you know of a good, helpful website, please email that link to me.

<http://www.afsp.org> - Suicide Awareness/Prevention

<http://www.aftab.com> - Parry Aftab's website - One of the leading experts, worldwide, on cybercrime, Internet privacy and cyber-abuse issues.

http://www.alfred.edu/hs_hazing - The full report of the *Alfred University survey*

<http://www.annilynn.net> - Annie Lynn's song, "Stop That!"

<http://www.backoffbully.com> - Anti-violence programs designed by Dr's. Twemlow & Sacco - This approach relies heavily on traditional martial arts philosophy, applied psychoanalysis, and large group psychology.

<http://www.beginningover.org> - The Beginning Over Foundation - Keeping the subject of Domestic Abuse (adult bullying) high in the public's consciousness - Was founded in memory of Robin D. Shaffer, murdered sister of Heidi Markow.

<http://www.bestfriendsfoundation.org/BFWhatIsBF.html> - Best Friends Foundation - Best Friends is a school based character-building program for girls that begins in the sixth grade and continues until high school graduation. Best Friends provides a developmentally sound curriculum in an educational setting which promotes fun, companionship, and caring.

<http://www.boot-camp-boot-camps.com> - Boot Camps for Struggling Teens - This site is dedicated to helping [troubled teens](#) and providing information to parents with [troubled teens](#) about juvenile boot camps and other alternatives.

www.bullybeware.us - *Bully Beware! How to Fight Back with Florida Law on Your Side* - A book that focuses upon using criminal and civil laws as tools to prevent and deal with bullies.

<http://www.bullycide.org> - *Bullycide in America: Moms Speak Out about the Bullying/Suicide Connection* - A book of real stories, about real kids, who took their own lives because they thought it was their only way out of a hopeless situation.

<http://www.bullyfree.com> - We are committed to preventing and stopping bullying in all environments (i.e., schools, workplaces, etc.). Our goal is to promote the Golden Rule (treat others the way you want to be treated) everywhere.

<http://www.bullying.co.uk> - (UK) - Many of the young people affected by bullying believe they have nowhere else to turn; they are scared to speak out and often blame themselves. At Bullying UK, we aim to change this by providing a service which will enable victims of bullying to break their silence, assure them that there are ways to stop the bullying and then offer them the help they need to find it.

<http://www.bullying.org> - Where You are NOT Alone

<http://www.bullyingcanada.ca> - (Canada) - Young people speaking out about bullying and victimization.

<http://www.BullyPolice.org> - What this E-Book is all about - Stopping bullying by every possible means - by law, policies, procedures, rules, programs, providing speakers, training and using common sense, (group or one-on-one), approaches to dealing with the bullying problem.

<http://www.bullysafeusa.com> - SuEllen Fried's website with "Train the Trainer" resources.

<http://www.bullystoppers.com> - The Free Bully Reporting Site - This site offers a free reporting tool that can be used immediately to stop bullying at school. Kids report confidently as names are never used!

<http://www.caabi.org> - Children and Adults Against Bullying/for Intervention

www.centerforloss.com - A website dealing with grief (just thought I'd throw this in)

<http://www.championsagainstbullying.com> - Champions Against Bullying is passionately committed to working with individuals, schools and communities where every child can live, work, learn and thrive in an environment without fear, without violence and without limitation.

<http://www.ChristinaInternationalHS.com> - A high school and middle school curriculum, including AP, language, and technology classes - a totally **online** school.

<http://www.community-matters.org> - A nonprofit organization that provides training, facilitation, and consultation in the areas of violence prevention, youth development, strengthening and sustaining school and community partnerships, and involving all youth in service and leadership through service-learning and peer helping.

<http://www.corinnewilson.com> - Rochelle Side's memorial website for her daughter Corinne.

<http://www.easel-arttherapy.com> – E.A.S.E.L. stands for *Expressive Arts Studio for Empowerment in Living* – Easel is an outreach arts studio dedicated to preventative healing and transformation through the arts.

<http://www.ed.gov> – The U.S. Department of Education website – Type in “bullying” in the search box and get 500 results.

<http://edlabor.house.gov> – Committee on Education and Labor – House of Representatives

<http://www.fightcrime.org> - America must cut the pipeline that funnels young people into lives of crime and violence. Fight Crime: Invest in Kids, takes a hard-nosed look at research on what keeps kids from becoming criminals and puts that information in the hands of policy-makers and the public.

<http://www.focusas.com> - Focus Adolescent Services - Children do not always want to talk to their parents or other adults about being bullied. Call us and we will listen to you, answer your questions, and direct you to helping resources.

<http://www.heroesinthecrowd.com> - A technique that shows kids how to work together as a group to solve their schools' bullying problem by becoming "Heroes in the Crowd".

<http://staff.howard.k12.md.us/~gwynethj/internetsafety/internetsafety.html> - A comprehensive education on internet safety for Parents and Teens.

www.iSafe.org - iSAFE Inc. is the leader in Internet safety education - Founded in 1998 and endorsed by the U.S. Congress, i-SAFE is a non-profit foundation dedicated to protecting the online experiences of youth everywhere.

<http://www.JaredStory.com> - Brenda High's healing website in honor of her son Jared.

<http://homepage.eircom.net/~justinmorahan/bullying> - (Ireland) - The Box and Interview Method

<http://kathynoll.com> - TAKING THE BULLY BY THE HORNS -
Self-help books giving educators, parents & kids the skills needed to deal with bullies and school violence as well as maintain good, strong, healthy self-esteem.

<http://www.keepschoolssafe.org> - Keep Schools Safe – School Safety, Security and Violence Prevention Resource.

<http://www.kidscape.org.uk> - (UK) - Helping to Prevent Bullying and Child and Abuse

<http://learningtheory.homestead.com/Theory.html> - The learning theory of Rick Lynn – Environment and mental/emotional stability and mental/emotional growth.

<http://www.makeadifferenceforkids.org> – Make a Difference for Kids, Inc -is non-profit organization promoting awareness and prevention of cyberbullying and suicide through education. The organization was created in memory of Rachael Neblett, and Kristin Settles.

<http://www.namesdohurt.com> - Names Do Hurt - Have you ever been teased and made fun of? Have you ever been excluded from a group? Then you have been a victim of emotional abuse or what many people call RELATIONAL AGGRESSION or RA. Don't be a victim!

<http://www.nasponline.org> - National Association of School Psychologists

<http://www.nationalsave.org> - SAVE is a student driven organization. Students learn about alternatives to violence and practice what they learn through school and community service projects. As they participate in SAVE activities, students learn crime prevention and conflict management skills and the virtues of good citizenship, civility, and nonviolence.

<http://www.ncdjjdp.org/cpsv> - Center for the Prevention of School Violence - The North Carolina Department of Juvenile Justice and Delinquency Prevention

<http://nces.ed.gov> - The National Center for Education Statistics (NCES), located within the U.S. Department of Education and the Institute of Education Sciences, is the primary federal entity for collecting and analyzing data related to education.

<http://www.pathway-pals.com> - Great counselor resources to help reach students - Exciting posters, easy-to-use career guidance programs, computer interest surveys, career exploration programs and more. These guidance materials really work.

<http://www.peerabuse.info> - Peer Abuse Know More! Bullying From A Psychological Perspective - The Abuse Stops Now!

<http://www.respectu.com> - Coaching services by [Joel Haber, Ph.D.](#), (*Bullyproof Your Child for Life*), for both schools and workplace bullying.

<http://www.the-revealers.com> - *The Revealers* – a novel for young readers about bullying and self-discovery.

<http://www.ryanpatrickhalligan.com> - John's website in honor of his son Ryan Halligan - Teaching tools about suicide prevention, cyberbullying and school bullying.

<http://www.safeschoolambassadors.org> - Safe School Ambassadors® - A youth-centered, violence-prevention program that has been implemented in over 500 public and private schools across the U.S. and Canada.

<http://www.safeschools.msu.edu> - Michigan Safe School Initiatives

<http://www.safeyouth.com> - The Center for Safe Youth - Dealing with at-risk adolescents

<http://www.safeyouth.org> - A resource created by the National Youth Violence Prevention Resource Center

<http://www.schoolsantibullying.com> - Schools Anti Bullying Web Gateway - This Schools Anti Bullying Web Gateway was born out of the "[Transatlantic Schools Anti Bullying Initiative](#)" that was created in 2005 by Sullivan EurAsia with the support and financial backing of [Sullivan University System](#) in Kentucky USA.

<http://www.schooltipline.com> - The award winning program that empowers students with anonymous communication through web and text messaging.

<http://www.stampoutbullying.co.uk> - Stamp Out Bullying (UK) - "If everyone believed they had a voice, imagine how loud it would be!"

<http://www.stopbullyingnow.com> - Stop Bullying Now! - Presenting practical research-based strategies to reduce bullying in schools.

www.stopbullyingnow.hrsa.gov - Take a Stand. Lend a Hand. Stop Bullying Now!

<http://www.strandsoftruth.com> - Strands of Truth is a multi-dimensional program that meets ALL your bully prevention needs, including Interactive [Assemblies](#), training for all adults who work with your students and follow-up materials.

<http://www.teachersagainstprejudice.org> - TAP's mission is to increase awareness of prejudice and discrimination and examine its causes and roots; open dialogue with and between students and educators from elementary school through college; and promote understanding and respect for all through the critical exploration and analysis of films, television, and other media.

<http://www.thespiritdesk.com> - *The Spirit Desk LLC*, is in over 500 schools nationwide. The HERO IN THE HALLWAY ACTION PLAN is simple to implement and focuses on promoting positive behavior as well as keeping everyone involved preventing negative behavior.

<http://www.thewoundedchild.org> - The Wounded Child - Bullying is a social disgrace that communities and schools are just now coming to terms with. Telling the traumatic and sad stories of others has always helped people understand the need for change, whether it is changing the life of one individual or a society in general.

www.Thinking-Forward.com - The online resource for middle school parents.

http://www.ustreas.gov/uss/ntac_ssi.shtml - *Threat Assessment in Schools: a guide to managing threatening situations and to creating safe school climates*

http://www.ustreas.gov/uss/ntac/ntac_ssi_report.pdf -
(PDF) *Safe School Initiative: An Interim Report on the Prevention of Targeted Violence in Schools*

http://www.ustreas.gov/uss/ntac/ntac_threat_postpress.pdf
- (PDF) *Evaluating Risk for Targeted Violence in Schools: Comparing Risk Assessment, Threat Assessment, and Other Approaches*

<http://www.verbalabuse.com> - Take an online interactive test; Are you an abuser or are you abused? Take a stand against verbal abuse!

<http://www.waveamerica.com> - Wave America - Working Against Violence Everywhere is a proactive safe schools initiative to help prevent violence in middle and senior high schools.

<http://www.wiredsafety.org> - Wired Safety - Tracks bullying incidents and offers parents resources for identifying and reporting abuse.

Cyberbullying

E-Book Contributors

Elizabeth Bennett, M. Ed

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Elizabeth Bennett, M. Ed

Elizabeth Bennett, M.Ed., is the author of *Peer Abuse Know More! Bullying From A Psychological Perspective*.

Through speaking engagements, talk radio, newspaper, internet and television, she has been able to educate others on Peer Abuse in the USA and Canada. Currently, she is listed with Who's Who and has been recognized as one of the Great Women Of The 21st Century by The American Biographical Institute.

Elizabeth Bennett grew up in the state of South Carolina. She is a 1995 graduate of Clemson University with a M. Ed in Guidance and Counseling Services.

Elizabeth is a volunteer with Bully Police USA and serves as the Bully Police USA Survivor Director.

To learn more, please visit <http://www.peerabuse.info> or email Elizabeth at elizabethbennett@peerabuse.info.





Joe Bruzzese, M.A.

Joe Bruzzese, MA, is a leading parent expert for the middle school years, author of *A Parent's Guide to the Middle School Years* and co-founder of Thinking-Forward.com, the online resource for middle school parents.

Visit the web site at www.Thinking-Forward.com for practical resources including DVDs, seminars, speaking engagements and comprehensive coaching services for thriving during the middle school years.





Phyl Burger, M.A.

Phyl Burger is a faculty member in the College of Education at Concordia University St. Paul, MN. She develops bully awareness and prevention programs for schools, is a skilled public speaker, and facilitates student, teacher and community in-service and professional development seminars. She has been interviewed for feature news articles on the topic of bullying, cyberbullying, student harassment and violence in schools. She is the course author of the online teacher education program “Bullying In Schools: What Educators Can Do” at UWStout - Menomonie, WI.

Phyl earned a BA degree in Education and an MA degree in Educational Administration from the University of Nebraska - Kearney. She has furthered her work in higher education with doctoral studies at the University of Northern Iowa.

Phyl volunteers as the Bully Police Minnesota, Co-Director. She can be contacted by email at peburger@gmail.com.

Adrianna Cecilia Sgarlata

At 9 years old, Adrianna felt the pain of bullying and it almost cost her life. It hurt her self confidence, taking years to regain it. "I don't want to ever forget those feelings, but I want to use them to help others", Adrianna says.



As a Voice for America's Youth, Adrianna has met lawmakers, spoken on Capitol Hill and Richmond Virginia, and made nearly 200 appearances in an effort to transform a culture of violence into climates of respect to ensure every child the opportunity to grow up without fear from bullies.

As Miss Virginia 2006, and the Virginia Director of Bully Police USA, Adrianna's service platform, to stop bullying, resulted in passage of Virginia's first bully prevention law (www.adriannasgarlata.com/governor_warner.htm or www.AdriannaSgarlata.com).

Adrianna can be contacted by email at asgarlata@hotmail.com

About Brenda High
Founder, Co-Director,
Bully Police USA, Inc.



Jared's Story

Jared High was 12 years old when older students bullied him in his middle school. The bullying came to a head when a well-known bully assaulted Jared inside his middle school gym. Because of the bullying and the assault, Jared began to show signs of depression, which included lack of sleep and emotional outbursts.

On the morning of September 29, 1998, just six days after his 13th birthday, Jared called his father at work to say good-bye. While on the phone with him, Jared shot himself, dying instantly.

As a healing project, Brenda began to write Jared's story, which is now published as www.jaredstory.com. Since 1999, JaredStory.com has attracted over a million visitors looking for information on bullying, depression, suicide and needing healing from the loss of a loved one.

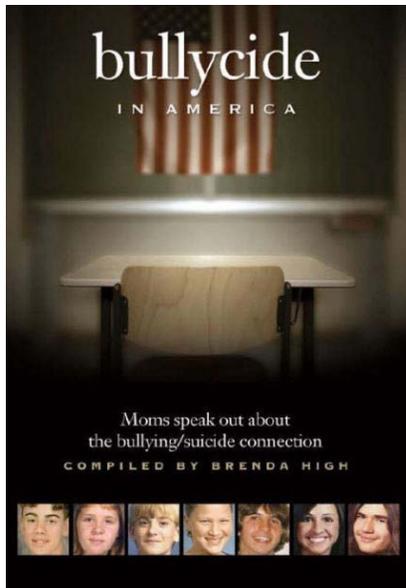
Brenda has now become a passionate crusader, a mom on a mission to stop school bullying and peer-abuse. It is not uncommon to see Brenda doing email or on the phone talking about bullying as well as advising parents, students, teachers, state and federal lawmakers, media and community members about the emotional and physical dangers of bullying, which can lead to bullycide, (a suicide attributed to bullying).

Producers and/or writers from Good Morning America, Dr. Phil Show, The John Walsh Show, The Larry Elders Show, Video Production Companies, Inside Edition, Jenny Jones Show, Black Entertainment Television, CNN, ABCnews.com, News Documentaries, and Newspapers all over the United States, are just some of the media who have interviewed Brenda for opinions and advice concerning bullying, depression, suicide and the new tragedy, "Bullycide."

Jared's story has been told on the radio, in magazines, including California's Beach Cities Health District, Arizona Parenting, The American Association of Suicidology, Desert Paradise, and in numerous news articles. Brenda has also published Internet Short Stories about JaredStory.com on several websites.

Brenda has designed several websites and continues to work on JaredStory.com and BullyPolice.org in her spare time.

- <http://www.JaredStory.com>, which deals with bullying, depression, suicide and other issues. JaredStory is very popular with teens who are looking for direction and advice for living as well as media research, as example, The Dr Phil Show, who found two quests to talk on bullying and suicide.
- <http://www.BullyPolice.org> - Reports and grades States on their anti bullying laws. Bully Police USA posts current anti bullying laws, research, news, and support information for parents and/or anti bullying activists who are dealing with bullying in schools
- <http://www.TheWoundedChild.org> - Tells the stories of students, parents and survivors of bullying.
- <http://www.Bullycide.org> - A new expose' book, *Bullycide in America: Moms speak out about the bullying/suicide connection*. The *Bullycide in America* book can be purchased at www.bullycide.org.
- <http://www.HeroesInTheCrowd.html> - Is Brenda's current book project with Robin Todd. *Heroes in the Crowd* teaches a method that will develop "Heroes in the Crowd" and solve bullying problems using a win-win approach. It is expected to be released in September 2009.



Brenda is proud to be the lead writer of, "*Bullycide in America: Moms Speak Out About the Bullying/Suicide Connection.*"

Bullycide in America is a wake up call to all parents of school-aged children – are your children being bullied and how can you stop it?

Getting anti bullying laws

Having been involved in politics for over 20 years, Brenda leads by example.

Brenda's specialty is working to get anti bullying laws passed or revised. She is proud of contributing to the passage of the Washington State Anti Bullying Law (www.bullypolice.org/wa_law.html) as well as influencing passage of laws in Oklahoma, Vermont, Alaska, Arizona, Delaware, Iowa, Illinois, Indiana, Kansas, Kentucky, Maryland, Maine, Nebraska, Ohio, South Carolina, Tennessee, Texas, Utah, Virginia and a most special law, "Jared's Law" in Idaho, named after her son Jared. She continues to work aggressively for passage of laws in all 50 states. Brenda is proud of her state Bully Police volunteers who faithfully do what it takes to get laws passed.

As the Founder and Co-Director of the national organization, **Bully Police USA, Inc.**, Brenda has written, "[The Perfect Anti Bullying Law](#)," which is an excellent model for lawmakers to follow when they write their State anti bullying laws. She teaches the importance of anti bullying laws and how to lobby, in teleconferences to educators, media, program directors and parents, many who have children suffering from bullying.

A philosophy to live by

Brenda lives her philosophy, which is; a woman filled with love is not content with blessing her family alone, but is anxious to bless the whole human race.

Brenda lives in Pasco Washington with her husband Bill. They have three grown children, Sonja, Jacob and Tara, and two grandchildren. She has a Bachelors Degree in Psychology from B.Y.U.

For a more, lighthearted look, about Brenda, go to www.jaredstory.com/brenda_author.html.

Brenda can be reached by phone at 509-547-1052 or by email at Brenda@jaredstory.com.