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West Valley Senior Lead Office (818) 374-7630 Sergeant Randy Hoffmaster - Sergeant Frank Avila

August 2011

ANTI BULLYING, CYBER BULLYING COMMUNITY MEETING HOSTED BY LAPD WEST VALLEY AND MISSION AREAS

Stand Up and Speak Out!!



Tuesday, August 9, 2011 6:00 p.m. – 7:00 p.m.

Braemar Country Club 4001 Reseda Blvd. Tarzana

Please contact the L.A.P.D. West Valley Community Relations Office

for more information: (818) 374-7690

CYBERBULLYING

Young people today are using the Internet for just about everything, including bullying. Every day all across the nation, people are being cyberbullied in the comfort of their own homes. Often students who are being bullied at school go home with hopes of escaping, only to find that when they get on the Internet, the bullying continues.

Though a teen may be being bullied, they may not know that help is available or may feel too embarrassed to speak up. With the amount of time young people are spending on the Internet or on their phones, it is important to be able to spot the signs of cyberbullying.

Keep in mind that cyberbullying may be happening on top of other victimization. Teens may be experiencing physical bullying, dating violence, harassment, stalking, or other forms of victimization. Fortunately, victim service providers are qualified and trained to recognize the signs of victimization and are skilled in providing effective victim services. Eighty percent of victim service providers believe that they are uniquely qualified to both recognize the signs of bullying and cyberbullying, so it's time teens know where they can turn for help.

Since most cyberbullying takes place at home, it's important that parents know about cyberbullying and that they get involved in preventing it. Just like parents help their kids avoid inappropriate websites, they can protect them from cyberbullying. Listed below are some signs to watch for in your kids.

Emotional:

- Becomes withdrawn or shy
- Shows signs of depression
- Is extremely moody or agitated
- Is anxious or overly stressed out
- Shows signs of aggressive behavior

Academic:

- Doesn't want to go to school
- Gets into trouble at school
- Skips school
- Loses interest in school
- Drops in grades

Social/Behavioral:

- Suddenly stops using the computer
- Changes eating or sleeping habits (i.e. nightmares)
- No longer wants to participate in activities once enjoyed
- Hurts self, attempts or threatens suicide

Suddenly changes friends

LAKE BALBOA:

Senior Lead Officer David Ham

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Office (818) 374-7634

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Senior Lead Officer Saul Paredes

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Office (818) 374-7635

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Contact Officer Ham or Paredes for information on the next Lake Balboa Neighborhood Watch Meetings.

What Parents Can Do About Cyberbullying

Parents can help stop cyberbullying. You can start by talking to kids about the issue and teaching them the rules that will help prevent cyberbullying from happening to them or someone they know.

RESEDA:

Senior Lead Officer Royal Barber
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Senior Lead Officer Isela Parra
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Office (818) 374-7631
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Next Neighborhood Watch Meetings – <u>Thursday, September 8 – 7:00 p.m.</u> Ann Kinzle Community Room located in the L.A.P.D. West Valley Area Station

What Kids Need to Know:

- Never give out personal information online, whether in instant message profiles, chat rooms, blogs, or personal websites.
- Never tell anyone but your parents your password, even friends.
- If someone sends a mean or threatening message, don't respond. Save it or print it out and show it to an adult
- Never open e-mails from someone you don't know or from someone you know is a bully.
- Don't put anything online that you wouldn't want your classmates to see, even in email.
- Don't send messages when you're angry. Before clicking "send," ask yourself how you would feel if received the message.
- Help kids who are bullied online by not joining in and showing bullying messages to an adult.
- Always be as polite online as you are in person.

TARZANA:

Senior Lead Officer Daryl Scoggins
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Office (818) 374-7632
Cell (818) 731-2573

Contact Officer Scoggins for information on the next Tarzana Neighborhood Watch Meeting.

What Parents Can Do:

- Keep your home computer is a busy area of your house.
- Set up email and chat accounts with your children. Make sure that you know their screen names and passwords and that they don't include any personal information in their online profiles.
- Regularly go over their instant messenger "buddy list" with them. Ask who each person is and how your children know him or her.
- Print this list of commonly used **acronyms** in instant messenger and chat rooms from the National Center for Missing and Exploited Children and post it by your computer.
- Discuss cyberbullying with your children and ask if they have ever experienced it or seen it happen to someone
- Tell your children that you won't blame them if they are cyberbullied. Emphasize that you won't take away their computer privileges this is the main reason kids don't tell adults when they are cyberbullied.

For More Information

Check out the following resources to learn more about preventing cyberbullying. It provides information about stopping cyberbullying before it starts.

<u>Cyberbullying.us</u> provides cyberbullying research, stories, cases, downloads, fact sheets, tips and strategies, news headlines, a blog, and a number of other helpful resources on their comprehensive public service website.

<u>http://www.stopcyberbullying.org/</u> has a fun quiz to rate your online behavior, information about why some people cyberbully, and how to stop yourself from cyberbullying.

<u>http://www.wiredsafety.com/</u> provides information about what to do if you are cyberbullied.

http://www.stopbullyingnow.com/ has information about what you can do to stop bullying.

<u>https://www.ncjrs.gov/internetsafety/cyber.html</u> has information about Internet Safety - Cyberbullying and Cyberstalking National Criminal Justice Reference Service.

http://www.ncpc.org provides information about stopping cyberbullying before it starts.

http://www.ncpc.org/resources/files/pdf/bullying/cyberbullying.pdf (PDF) provides useful information for parents.	Stop Cyberbullying Before It Starts;
Information in this newsletter was provided by www.ncpc.org	