Cyber Bullying:

* Do it because they want to act out fantasies online…the “good” kid likes being known as such, but wants to try out being mean online where it’s indirect.
  + Wiredsafty.org: good site for helping people who are being cyber bullied
* Don’t personally contact the cyber stalker it just escalates the problem (contact the authorities)
* Stopcyberbullying.org
* Cyber bullies want to feel power and control over their victims
* They use the Internet as a social network and it is how they socialize. They want to get under their victims skin.
* They make websites targeting children and making them the laughing stock of the whole school.
* Steps to dealing with cyber bullying:
  + Don’t respond to cyber bullying attacks
  + Don’t Delete Information from a cyber bully
  + Report the cyber bullying to ISP, Police and schools
  + Be aware of what your child is doing on the internet
* <http://www.overcomebullying.org/cyber-bullying.html>

Bullying:

* http://www.pacerkidsagainstbullying.org/ - website created for elementary school kids that is for bullying
* <http://www.pacer.org/bullying/sap/activities-ele.asp> - general website about bullying
* Symptoms:
  + May claim to have the “flu” on Sunday nights
  + May cause a decrease or increase in appetite
  + May cause to lose interest in activities
  + May cause drop in grades
  + May cause a release of anger
    - Getting mad or upset usually at home or somewhere comfortable because of the built up anger and resentment at school.
* Talk to child about school to get a feel of how they like school who they like make sure you are actively listening and help the child to explore possible solutions
* Reiterate that it is ok to tell a teacher or administrator if someone is bothering a child and won’t stop
* <http://www.lisadunningmft.com/solutions_to_school_bullying_child_bullied_article.htm>
* <http://www.richardpaul.com/elementary.shtml> - assembly ideas