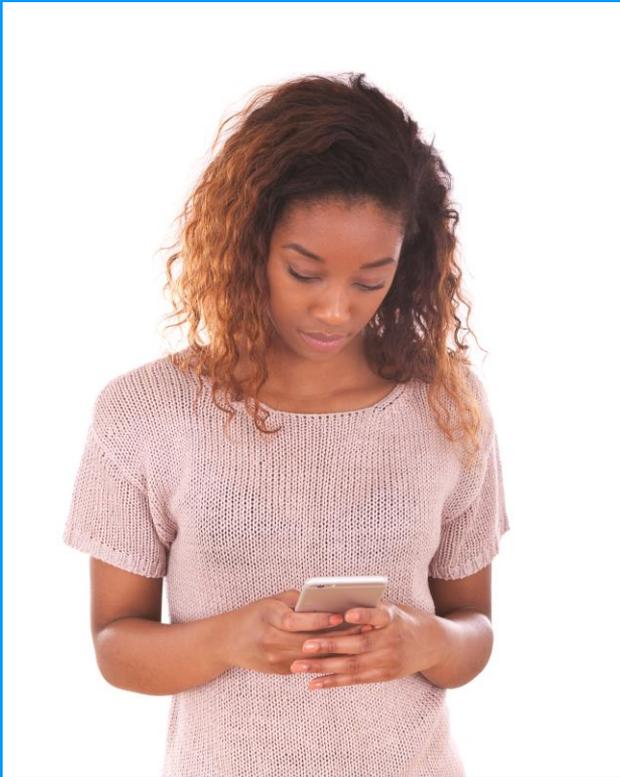


Student Guide

Cyber Empowerment



New Jersey
Child Assault Prevention



CAP Definitions:

Cyberbullying happens when someone uses a computer, cell phone and/or other electronic devices to harass, threaten or intimidate another person – taking away his/her rights to be “**Safe, Strong and Free.**”

Sexting is sending, receiving or forwarding sexually explicit messages or sexually suggestive nude/semi-nude images on your cell phone. It can take away your rights and also the rights of the person who is in the picture and those who view it. It can be illegal.

Cyber Empowerment is when you make a choice to keep your rights and guard the rights of others to be “**Safe, Strong and Free**” while communicating electronically either on-line or by cell phone.



Cyberbullying

The same rules apply online as in real life about how to treat other people.

Unfortunately, people don't always treat each other well online; and you, or a friend, may find that you are the target of cyberbullying. You might be teased or

have false rumors spread about you online, receive nasty messages or even threats. It can happen in or out of school, any hour of the day, from people you know, and sometimes people you don't know. It can leave you feeling unsafe and alone.



No one has the right to bully another person.

Tips

- **Know your rights.** No one has the right to bully, humiliate or intimidate you online or elsewhere.
- **Don't respond to the bully.** If they don't get a response, they may get bored and go away.
- **Block the person.** This will stop you from seeing messages or texts from a particular person.
- **Tell someone.** Tell an adult you can trust. You may want to talk to your mom, dad, brother, sister or other adult.
- **Keep the evidence.** This can be useful in tracking the person down who is bullying. Save texts, emails, online conversations or voicemails as evidence.
- **Report it to:**
 - Your Parents/Guardians—They should talk with you about the situation.
 - Your School—They should have policies in place about bullying and cyberbullying.
 - Your Phone Provider, or the Website Administrator— There are actions they can take to help.
 - The Police—If there is a threat to your safety, the police will help.

Gaming

Playing games online and using consoles or games on a computer is great fun, but you need to be careful about how much you play and who you play with. Too much gaming can affect your school or social life. It is important that if you chat with other gamers, you protect your privacy and don't share personal or private information.

Tips

- **Remember** to guard your rights and the rights of others while gaming.
- If another player is behaving badly or making you uncomfortable, **block them from your players list**. You may also be able to report them to the game site operator.
- **Limit your game play time** so you can still do other things like homework, jobs around the house and other activities.
- **Keep personal details private**.
- **Respect** others in the game and only say to them what you'd want said to you.
- **Remember** to make time offline for your friends, your favorite sports and other activities.



Sexting

Sexting refers to the act of sending sexually explicit materials through mobile phones. The word is derived from the combination of two terms sex and texting.

Sexting is a punishable offense in the U.S. If a teenager texts a sexually explicit photograph of him/herself, or of other teens, he/she could be charged with distribution of child pornography. Teenagers receiving the images can be charged with possession of child pornography.

Remember...

Sending could = distribution of pornography
Receiving/opening could = possession of pornography

Tips to Prevent Sexting

- **THINK ABOUT THE CONSEQUENCES** of taking, sending, or forwarding a sexual picture of someone, even if it's of you. You could face humiliation, lose educational opportunities, and even get in trouble with the law.
- **NEVER TAKE IMAGES** of yourself that you wouldn't want everyone – your classmates, your teachers, or your family – to see.
- **BEFORE HITTING SEND**, remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends.
- **IF YOU FORWARD** a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- **REPORT** any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

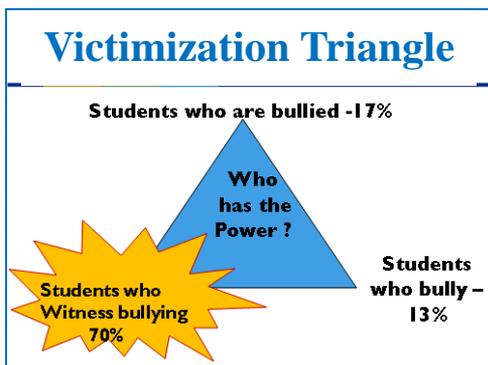
Be an Empowered Witness – Stand up Against Bullying!

It can be hard to know if someone is being cyberbullied.

- They might keep it to themselves.
- They may not chat with you online as much.
- They may suddenly receive lots of text messages.
- They may be unhappy after they have been on the computer or checked their phone messages.
- They may stop hanging around with friends or have lost interest in school or social activities.

Everyone has the right to feel safe in their school and community. If you see someone being bullied, **you have the power to stop it.**

By standing up for someone who is being bullied, you are not just helping someone else; you are also helping yourself. It is important to help others when you can.



What to Do When You Witness Bullying

- **Stand up and speak out!** If you see or know about cyberbullying happening to a friend or acquaintance, support them and report the bullying. You'd want them to do the same for you.
- **Do not watch someone being bullied.** Make it clear that you do not support what is going on. If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- **Support the person being bullied.** Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.
- **Don't forward** messages or pictures that may be offensive or upsetting to someone. Even though you may not have started it, you will be seen to be part of the cyberbullying cycle.
- **Talk to an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult that you trust to discuss the problem, especially if you feel the person may be at risk of serious harm to themselves or others.
- Remember to **treat others as you would like to be treated** when communicating online.



Resources

"A Thin Line" is aimed at stopping the spread of abuse in the form of sexting, cyberbullying and digital dating abuse. The goal of the initiative is to empower America's youth to identify, respond to and stop the spread of the various forms of digital harassment. <http://www.athinline.org>

Internet Safety Education www.isafe.org

Internet Safety Activities www.iKeepSafe.org

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. www.cyberbullying.us

Cyberbullying: Bullying in the Digital Age (iSafe)
www.cyberbullyhelp.com

Center for Safe and Responsible Internet Use www.cyberbully.org

New Jersey Coalition for Bullying Awareness and Prevention
www.njbullying.org

Some great sites to check out are:

www.pacerkidsagainstbullying.org	www.pbskids.org
www.pacerteensagainstbullying.org	www.stompoutbullying.org
www.mcgruff.org	www.stopbullyingnow.com
www.stopbullying.org	www.cyberbullying.org
www.stopbullying.gov	www.netsmartz.org

NJ Youth Hotline - 2ND FLOOR- 24 hour Hotline www.2ndfloor.org
1-888-222-2228

National Suicide Prevention Lifeline 24/7
1-800-784-2433
1-800-273-8255

Runaway Hotline **1-800-786-2929**

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