

# STOP cyberbullying

Definition:  
the use of the internet &  
related technologies to  
harm, harass, threaten or  
embarrass others in a  
deliberate, repeated &  
hostile manner

## Tips

Talk to your kids as often as  
possible about what is  
happening at school

Look for signs of distress,  
withdrawal, moodiness,  
excessive time on-line

Monitor social networking sites

Talk about cyber bullying

Take immediate action to get  
help for yourself or someone  
else who you think is the victim  
of cyberbullying



## ELHS & BP Digital Citizenship Week

During the week of April 29-May  
3<sup>rd</sup>, all students in grades 6-12 took  
part in daily discussions related to  
the safe and responsible use of the  
digital tools- including the internet.

A video was created by students  
and staff that highlighted a series  
of topics related to the subject.

Thank you to the following  
students and staff who made this  
week a success.

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East Longmeadow High  
School & Birchland Park  
Middle School present...

## DIGITAL PARENT NIGHT



## Overview of Social Networking

## How to monitor & manage your child's digital use





## Tips for Social Networking

- ◆ Think before you post- ask yourself, “Would I be embarrassed if my family saw this?”
- ◆ Set your privacy settings so things are not accessible from the world wide web
- ◆ Only “friend” those you know
- ◆ Don’t tweet names, addresses, phone numbers- NO PERSONAL INFO!
- ◆ Discuss with your child what is not appropriate to post online
- ◆ Talk about how anyone can see your posts- colleges, employers, family
- ◆ Don’t ban social networking- instead teach kids how to use it
- ◆ Model good digital behavior
- ◆ Google your names
- ◆ Set rules and guidelines- time, postings, monitoring, consequences, location of family computer

## Sites to Know



**Facebook**-most popular SN in the world; posts messages, photos, chats



**Twitter**- 140 character tweets; 2<sup>nd</sup> most popular SN



**Instagram**- post photos



**Snapchat**- photos & videos sent that disappear in 10 seconds when opened



**Vine**- posts 6 second videos



**Google Chat**- on-screen chat rooms



**Tumblr**- site that shares photos, videos,