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TURKEY

GUIDE
FOR PARENTS

Cyber Bullying Guide for Parents

Dear Welter,
 Today, as part of the internet social life, it has brought many benefits and innovations to our life. In addition to the benefits and conveniences it brings, the unconscious use of the Internet also poses threats to individual and social life.

One of these threats, "cyberbullying", is deliberately accomplished through embarrassing rude behaviors, abusive speech and hostile online messages, threats, harassment and negative comments, unauthorized photo sharing, e-mail, web sites, social networks and messaging In other words, the sharing and behaviors made using information and communication technologies to harm users in technical or relational way fall into the scope of cyber bullying, which is also called "electronic bullying", "cyber bullying" or "cyber bullying".

Cyber bullying is seen at the age of 15, according to experts. Restless family environment, failure, depressive situation and communication problem are the greatest triggers of cyber bullying

We want to remind you and our valued children to consider the following rules for internet security.

What Actions Cope with Cyberbullying?
Below are the behaviors that fall under the scope of cyber bullying. If you, your family, or your children are exposed to such situations in an online environment, you are against cyber bullying.
-Gossip: Speculation in public opinion. Intentional and publicly gossiping about you in online environments.
-Exclusion: Do not separate a person from a group of friends. Especially the ongoing exclusion in school and in the cyber environment.
-Abuse: Constant and intentional harmful and disturbing behavior.
-Tracing: Feeling that you are watched every moment. The feeling of starting from the internet and being followed, reflecting the real life.
-Trolling: Intentional and purposeful provocation (incitement) and implicit insult, sabote.
-Comments: Negative messages containing insults and profanity via text, photos, videos.
-Fake Account: By creating fake accounts on behalf of the victim and continuing to threaten and bully through these created fake accounts.
-Deception: To deceive and defraud people by publishing their various, confidential information and distorting them.
-Manipulation: Acting like you are the victim yourself.

What measures should be?

- Your child's emotional state should be a priority.
- The parents should be in a business partnership with the school: They should attend the parents' meetings and listen to the observations of the teachers.
- If necessary, make notifications on social media accounts (such as Facebook Instagram, Snapchat, Twitter) and take measures to remove problematic comments.
- Parents should listen to their children and talk to them; he must learn exactly what the problem is.
- Evidence must be collected: any comments, problems, emoji and visionary families that are deemed to be problematic should be documented. It is recommended to collect it as mail, screen display or output.
- Professional help is required. It should not be forgotten that someone exposed to bulimia may need the help of a specialist.

RULES FOR SAFE INTERNET

- Educate yourself, learn the internet and carry your internet living room; Rules related to Internet usage by time limit are determined
- Adhere to your child appropriately
-Don't break the connection with your child
-Try to know the messengers your child has roamed
- Watch out for the computer games he/she plays

- Do not overreact to your child
- Alert he/she for not to believe everything

-Try not to share personal and family information
-Guide your child's new friends / games / fun for your child well you know. You will benefit from your opportunities. If you know well, you will be protected and protected from danger. Carry your computer in the living room
-Be careful about the sites your child enters
-Don't see the Internet as a carer and try to spend time with your child on the Internet
-Determine the rules for using the internet. Do not bend, time limit, encourage participation in other social activities. Create a list of favorites for them.
-Use safe navigation preferences of air engines. Follow your child appropriately.
- Share with your child that you are a friend to whom you can communicate with your child for an effective dialogue in the Internet, and you can trust that you will be able to share the negativity that you may encounter with danger on the internet or without any hesitation.
-If you have a problem you are having, make sure that your child feels comfortable about sharing this with you.
-Don't overreact when you share this situation with you.
-Just try to find a solution. Your child may not be guilty! Not only children, adults may encounter content they do not want on the Internet
- Check internet activities at regular intervals
- Check the internet browser history periodically.
-Friend social networks and know your friends. Be aware that they are shared on social networks. Try to have a knowledge of what your child is doing in a social network and what he or she has made there and who you are friends with. You can become a member of the social network where your child is a member, and you can have a lot of information about what your child has done by making friends with your child
- Watch out for the computer games you play. Learn about the games you play. Try playing with him. Make sure games do not contain violence and obscenity
- Limit time to risk of dependency. Encourage real life games. Do not overreact to your child. Warn him not to believe everything. It is also on the internet as it is the rules that must be followed in real life. Everything you read / seen / encountered on the internet is not true. As in real life, it can be very different in the internet environment that there can be evils, and that the person in front of him actually advertises himself. The free offers on the internet are NEVER free. Advise not to share personal and family information. User name, password and all personal information is very specific. Be sure to warn your child that they should not even be shared with their closest friends.

GUIDE
FOR STUDENTS

Student Guide to Cyberbullying

ABBAS SIDIKA ÇALIK ANATOLIAN HIGH SCHOOL

WHAT IS CYBERBULLYING?

Cyberbullies use the Internet or cell phones to send hurtful messages or post information to damage people's reputation and friendships. Here are some examples of kinds of cyberbullying:

Flaming: Online fights using electronic messages with angry and vulgar language.

**Harassment:** Repeatedly sending nasty, mean, and insulting messages.

Denigration: "Dissing" someone online. Sending or posting gossip or rumors about a person to damage his or her reputation or friendships.

Impersonation: Pretending to be someone else and sending or posting material to get that person in trouble or danger or to damage that person's reputation or friendships.

Trickery: Tricking someone into revealing secrets or embarrassing information, then sharing it online.
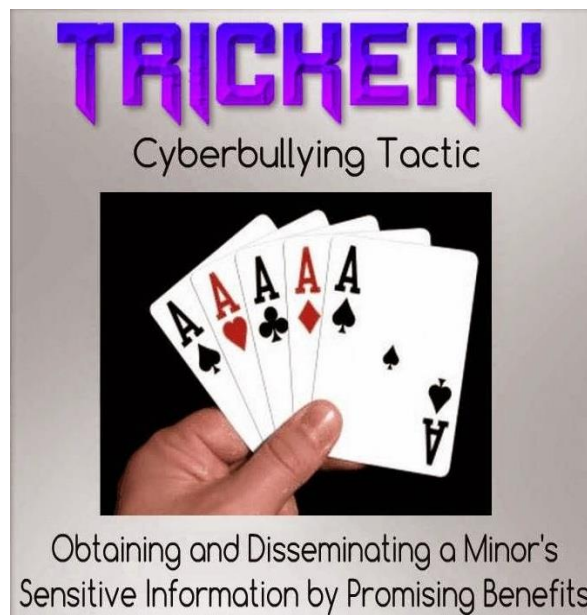
Cyberstalking: Repeated, intense harassment and denigration that includes threats or creates significant fear.

"*In order to become a cyberstalker, one must either feel rejected, angry, powerful or misunderstood.*"
Michael Nuccitelli, Psy.D.

PREVENTING CYBERBULLYING

- **Protect yourself:** Never provide any information or images in electronic form that could be used against you.
- **Examine how you are communicating:** If you find that people are frequently attacking you, look closely at how you are communicating with them. You might be communicating in a way that is irritating others or hurting their feelings.
- **Find some new friends:** If you are trying to fit into a group of people who are treating you badly, it might be easier to simply find some nicer friends. Life's too short to waste time trying to be friends with mean people.

Ways to Stop Cyberbullying

1. **Tell the cyberbully to stop:** Send the cyberbully a private message stating somethinglike this: "Stop sending me messages" or "Remove the material you posted." Make sure your message is not emotional and strong. You could also tell the cyberbully that if the harm does not stop, you will take other steps to stop it.
2. **Ignore the cyberbully:** Stop going to any group where you are being cyberbullied. Remove the cyberbully from your buddies or friends list.
3. **Have your parents contact the cyberbully's parents:** Your parents might talk with the parents or send them a letter. If they send a letter, it will be helpful if they include the harmful material you have downloaded. This is frequently the best way to get the cyberbullying to stop.
4. **File a complaint with the Web site or service:** Most sites and services prohibit bullying behavior. You can generally find an e-mail contact on the home page. Explain what has happened and provide the links to the harmful material or attach any messages.
5. **Talk to someone at school:** If the cyberbully goes to your school, and especially if the cyberbully is also bullying you at school, tell your principal, school counsellor, of school resource officer. Provide the material you have downloaded.
6. **Contact an attorney or the police:** You will need your parents to help you with this. Sometimes cyberbullying is so bad your parents could sue the parents of the cyberbully for money. Or the cyberbullying could be a crime. Of course, it's better if things do not get to this point—but it's nice to know these options are there if things get really bad.

NEVER RETALIATE!

Don't be mean behind the screen.

GUIDE
FOR TEACHERS

TEACHER'S GUIDE FOR CYBER-BULLYING

ABBAS SIDIKA ÇALIK ANATOLIAN HIGH SCHOOL

1. **_Discuss Bullying_**: Give students the opportunity to discuss bullying. Have the class come up with rules against bullying and involve them in determining that bullying behavior is unacceptable. Provide classroom activities and discussion opportunities related to bullying and violence, including the harm they cause and strategies to reduce their incidence.

2. ***Teach Cooperation***: Teach cooperation by assigning projects that require collaboration. Such cooperation teaches students how to compromise and how to assert without demanding. Take care to vary grouping of participants and to monitor the treatment of and by participants in each group.

3. ***Develop a Plan***: Develop a classroom action plan to ensure that students know what to do when they observe a bully-victim confrontation.

4. ***Take Immediate Action***: Take immediate action when bullying is observed. All teachers and school staff must let children know they care and will not allow anyone to be mistreated. By taking immediate action and dealing directly with the bully, adults support both the victim and the witnesses.

5. ***Confront in Private***: Confront bullies in private. Challenging bullies in front of their peers may actually enhance their status and lead to further aggression

6. ***Involve Parents:*** Notify parents of both victims and bullies when a confrontation occurs. Listen receptively to parents who report bullying, and investigate reported circumstances so appropriate school action may be taken.