

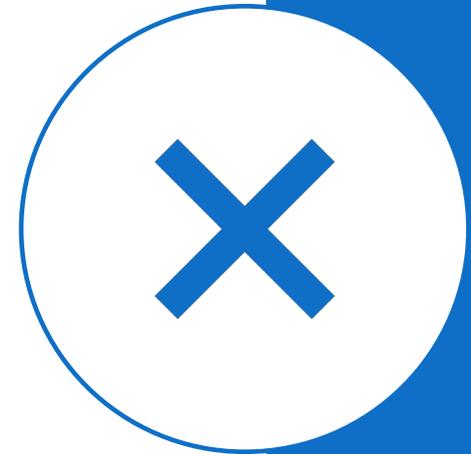
Community Health

Cyberbullying and
other community
health topics

Cyber Bullying

What is cyber bullying, exactly?

"Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It must have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber stalking. Adult cyber-harassment or cyber stalking is NEVER called cyber bullying.



When adults are trying to lure children into offline meetings, that is called sexual exploitation or luring by a sexual predator. But sometimes when a minor starts a cyber bullying campaign, it also involves sexual predators who are intrigued by the sexual harassment or drawn by ads posted by the cyber bullies offering up the victim for sex.

The methods used are limited only by the child's imagination and access to technology. And the cyber bully one moment may become the victim the next. The kids often change roles, going from victim to bully and back again.

Children have killed each other and committed suicide after having been involved in a cyber bullying incident.

Cyber bullying is usually not a one-time communication, unless it involves a death threat or a credible threat of serious bodily harm. Kids usually know it when they see it, while parents may be more worried about the lewd language used by the kids than the hurtful effect of rude and embarrassing posts.

Cyber bullying may rise to the level of a misdemeanor cyber harassment charge, or if the child is young enough, may result in the charge of juvenile delinquency. Most of the time the cyber bullying does not go that far, although parents often try and pursue criminal charges. It typically can result in a child losing their ISP or IM accounts as a terms of service violation. And in some cases, if hacking or password and identity theft are involved, it can be a serious criminal matter under state and federal law.



STOP. BLOCK & TELL

Don't respond to any cyberbullying message, block the person sending it to you and tell a trusted adult.

THINKB4UCLICK

Check what you are sending before you send it...think about it from the recipient's point of view.

R E S P E C T

Use good netiquette and respect the feelings and bandwidth of others

KEEP PERSONAL INFORMATION PRIVATE

The more information someone has about you, the more easily they can bully you

GOOGLE YOURSELF

Conduct searches for your own personal information online and set alerts...to spot cyberbullying early.

TAKE 5

Walk away from the computer for 5 minutes when something upsets you, so you don't do something you will later regret.

Cyberbullying Technologies

- Email
- Cell phones
- Text messages
- Instant messaging
- Defamatory online personal polling web sites
- Chat rooms
- Social networking sites
- Gaming sites

Cyber Bullying is Against the Law

The following kinds of speech can lead to arrest & prosecution:

1. Making threats of violence to people or their property
2. Engaging in coercion
3. Making obscene or harassing phone calls
4. Harassment or stalking
5. Hate or bias crimes
6. Creating or sending sexually explicit images of teens
7. Sexual exploitation
8. Taking a photo of someone in place where privacy expected

What is the Difference?	
Bullying:	Cyber Bullying:
<ol style="list-style-type: none">1. Direct2. Occurs on school property3. Poor relationships with teachers4. Fear retribution <p>Physical: Hitting, Punching & Shoving</p> <p>Verbal: Teasing, Name calling & Gossip</p> <p>Nonverbal: Use of gestures & Exclusion</p>	<ol style="list-style-type: none">1. Anonymous2. Occurs off school property3. Good relationships with teachers4. Fear loss of technology privileges5. Further under the radar than bullying6. Emotional reactions cannot be determined

If this happens to you..

- *Contact one or more of the following for help:*
- *Parent*
- *Teacher*
- *School Principal*
- *School Counselor*
- *Police*

The Health Care System

The health care system includes all ways you receive and pay for medical care.

A health care system includes all the medical care available to a nation's people, the way they receive care, and the way they pay for it.

Some examples are:

1. Regular checkups with a primary care physician
2. See a school nurse
3. See a dentist
4. Consult specialists, medical doctors who focus on particular kinds of patients or on particular medical conditions.

Paying Health Care Costs

Most people need health insurance to pay for medical bills because modern medical procedures can be very expensive.

Health insurance includes private and government programs that pay for all or part of a person's medical costs.

Most Americans receive health insurance from their jobs through group programs.

Public health includes agencies that exist to promote public health.

Public health includes all efforts to monitor, protect, and promote the health of the population as a whole.

National Health Agencies

Several departments of the federal government promotes public health includes:

1. The Environmental Protection Agency (EPA) protects the country's land, air, and water.
2. The Occupational Safety and Health Administration (OSHA) is part of the U.S. Department of Labor that oversees safe working conditions.
3. The U.S. Department of Agriculture (USDA) promotes healthy conditions for food and food services.