

September 2010

Amador
Child Abuse
Prevention
Council



Upcoming Events:

ACAPC Meetings:

September 20, 2010
10:00 to 11:30am
Join us for a council orientation presentation and refreshments. Call 223-5921, or email info@amadorcapc.org to RSVP.

Grandparents Raising Grandchildren

September 29th
6:30 pm - 8:00 pm
Health & Human Services Building
Sutter Creek—Call 223-1624 to RSVP

Stranger Awareness
for kids and parents
at the Jackson Library
October 4th at
11:00am

First 5 Dad & Me
October 23rd—Call
257-1092 to RSVP

**ACAPC is now on
Facebook!**

Amador Child Abuse Prevention
Council
505-1 State Hwy. 49, #183
Jackson, CA 95642
209-223-5921
Email
info@amadorcapc.org
www.amadorcapc.org

Bullying and Cyber Bullying...what we know

According to the Merriam-Webster online dictionary, bullying means to “treat abusively.”

While almost every child, teen, and adult has experienced or witnessed one form of bullying or another, bullying is now seen as a devastating form of abuse that can have serious long-term effects on victims, perpetrators, and even bystanders.

Bullying can take many forms such as: hitting, kicking, tripping, teasing or name calling, intimidation, and social exclusion.

Cyber bullying occurs when it takes place online or via cell phones and can include:

- Sending mean or threatening emails, instant messages or text messages
- Tricking someone into revealing personal or embarrassing information and sending it to others or posting that information online
- Posing as someone else to send cruel or untrue messages
- Creating websites to make fun of another person

While both forms of bullying can have the same effects, such as a drop in grades, low self-esteem, and depression, cyber bullying can seem more extreme to its victims because:

- It occurs in the child’s home
- It can be harsher because kids often say things online they wouldn’t say in person
- It can be far reaching through the Internet and forwarding

Cyber bullying can be a complicated issue, especially for adults who are not as familiar as kids with using the Internet, texting,

instant messages, or chat rooms . But like more typical forms of bullying, it can be prevented when kids know how to protect themselves and adults are available to help.

There are many strategies for children and adults to use to combat bullying, but the one method



that research has found not to work is to advise children to ignore the bully or turn the other cheek. This sends the message to the child being bullied that their pain and suffering is not important, and may lead to an escalation of behaviors by the bully.

The U.S. Department of Health & Human Services *Stop Bullying Now!* website offers a wealth of information and research on bullying and cyber bullying for kids, parents, educators, community members, law enforcement, health and safety professionals, and youth advisors.

Their slogan, “**Take A Stand, Lend A Hand,**” tells us that we all have a part to play in bullying prevention. For more information and tips for what kids and adults can do about bullying and cyber bullying, please visit:

<http://stopbullyingnow.hrsa.gov/kids/>

Please also visit our website for links to other online resources to help children with bullying, cyber bullying, and other safety issues at:

www.amadorcapc.org, then click on “Information Links” at the bottom of the page.