

# Other Online Resources

## What to do if you're being bullied or harassed online

[www.haltabusektd.org/help/index.shtml](http://www.haltabusektd.org/help/index.shtml)

**Report Cyberbullies**  
[www.schooltipline.com](http://www.schooltipline.com)

**i-Safe**  
[www.isafe.org](http://www.isafe.org)

**ChatDanger**  
[www.chatdanger.com](http://www.chatdanger.com)

**Cyberbullying Help**  
[www.cyberbullying.org](http://www.cyberbullying.org)

**Urban Legends**  
[www.snopes.com](http://www.snopes.com)

**Net Crimes**  
[www.netcrimes.net](http://www.netcrimes.net)

**Safe Teens**  
[www.safeteens.com](http://www.safeteens.com)

**Netsmartz**  
[www.netsmartz.org](http://www.netsmartz.org)

## Changing preferences in IM programs, Blogs & Yahoo Chat

[www.haltabusektd.org/resources/im.shtml](http://www.haltabusektd.org/resources/im.shtml)

## Join the WHOA-KTD YahooGroup

<http://groups.yahoo.com/group/whoaktd/>

# About WHO@-KTD

WHO@ (Working to Halt Online Abuse) is the oldest online safety organization dedicated to helping adult victims of cyberstalking and online harassment. WHO@-KTD (Kids/Teen Division) was founded in September of 2005 to help kids and teens being bullied, harassed and stalked online. Their president, Jayne A. Hitchcock travels the country training law enforcement and other about cybercrime, how to track down cybercriminals and how to work with victims.

Her book, **NET CRIMES & MISDEMEANORS**, published by CyberAge Books, is available ([www.netcrimes.net](http://www.netcrimes.net)).

For more information, you can reach WHO@ at [haltabusektd.org](http://haltabusektd.org), via e-mail at [whoa@haltabuse.org](mailto:whoa@haltabuse.org), or P.O. Box 782, York, Maine 03909

R U As  
Saef As  
U Think  
Online?



By  
Jayne A. Hitchcock  
President



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[whoa@haltabuse.org](mailto:whoa@haltabuse.org)

# Use Cyber Street-Smarts

- **Don't trust everyone** you meet online - even if they claim to be a "mutual friend"
- Only **approve friends you really know** - once they're approved, they can see EVERYTHING you're posting online, including photos and videos.
- **Be careful what you post online** - it can and will be used against you
- **Never, ever give a friend your password!** You may be friends today, but tomorrow is a different story.
- **Employers and colleges/universities monitor** social networking sites and do "Google" searches - you may lose a job or admission to the school of your dreams because of what you do online
- **Don't take revenge** on someone online - you could go to jail for it
- **Never give out** your real name, age, address, where you work or phone number online without permission
- **Don't take sexy photos** of yourself to send to your boyfriend/girlfriend via cell phone or computer. It **WILL** end up on the Internet for the world to see & it's **against the law**.
- **Lurk** on groups, message boards, web sites, blogs and chat rooms before posting messages
- When you do participate online, **be careful** -- only type what you would say to someone's face
- **Block or ignore unwanted users** in chat or IM. Take advantage of the "Block all users except those on my buddy list" or add unwanted screen names to an Ignore list in chat. You're not being rude - your comfort level is more important than their feelings.
- **Your first instinct** may be to defend yourself if you are bothered online - **DON'T** - this is how most online harassment situations begin
- For more online safety tips, go to [haltabusektd.org/resources/online.shtml](http://haltabusektd.org/resources/online.shtml)

## ***What to do if you're being bullied or harassed online:***

- 1. KEEP EVERYTHING!** Don't delete e-mails, IMs, etc. Place them in a separate folder on your hard drive or CD, DVD etc and print out a hard copy. You can also take a screen shot by hitting the Ctrl and Print Screen (or Prt Sc) keys on your keyboard, then open a graphics or word processing program and go to Edit, Paste (or Ctrl + V keys), then save the document.
- 2. Let your parents,** teacher or another adult you trust know about what is happening online
- 3. Contact the harasser** ONE time via email or IM with something as simple as "Please leave me alone." You do not need to explain why. CC (copy) the person's ISP and keep a copy of your request for them to stop.
- 4. Do NOT respond** after that, but do keep anything they may send
- 5. Send complaints** to the person's ISP with the full headers (if via email). If you don't know how to do this, go to [haltabusektd.org/help/headers/index.shtml](http://haltabusektd.org/help/headers/index.shtml).
- 6. If someone has created** a web site to harass you, complain to the server where the site is hosted (we can help you with this).
- 7. If you're being cyberbullied,** report it anonymously and for free at [www.schooltipline.com](http://www.schooltipline.com)
- 7. If the harassment continues,** contact WHOA-KTD for **FREE** help at [haltabusektd.org](http://haltabusektd.org)



[haltabusektd.org](http://haltabusektd.org)