

# Are *YOU* a Cyber Bully?

From [www.stopcyberbullying.org](http://www.stopcyberbullying.org)

Often, people who are victims are also bullies. Before you feel too bad for yourself, take the quiz below to find if you, too, are part of the cyberbullying problem! Rate yourself on the following point scale according to if, and how many times, you have done the below activities. Give yourself 0 points if you've never done it, 1 point if you have done it 1 or 2 times, 2 points if you have done it 3-5 times, 3 points if you have done it more than 5 times.

## **Have you ever...**

\_\_\_ Signed on with someone else's screen name to gather info?

\_\_\_ Sent an e-mail or online greeting card from someone's account?

\_\_\_ Impersonated someone over text or online activities?

\_\_\_ Teased or frightened someone over IM, Twitter, FB, Instagram?

\_\_\_ Not told someone who you really are online, telling them to "guess"?

\_\_\_ Forwarded a private IM conversation or e-mail without the permission of the other person?

\_\_\_ Changed your profile or away message designed to embarrass or frighten someone?

\_\_\_ Posted pictures or information about someone on a Web site without their consent?

\_\_\_ Created an Internet poll, either over IM or on a Web site, about someone without their consent?

\_\_\_ Used information found online to follow, tease, embarrass or harass someone in person?

\_\_\_ Sent rude or scary things to someone, even if you were just joking?

\_\_\_Used bad language online?

\_\_\_Signed someone else up for something online without their permission?

\_\_\_Used an IM or e-mail address that looked like someone else's?

\_\_\_Used someone else's password for any reason without their permission?

\_\_\_Hacked into someone else's computer or sent a virus or Trojan horse to them?

\_\_\_Insulted someone in an interactive game room?

\_\_\_Posted rude things or lies about someone online?

\_\_\_Voted at an online bashing poll or posted to a guestbook saying rude or mean things?

**Now calculate your total score:**

0 – 5 Points: Cyber Saint

Congratulations! You're a cyber saint! Your online behavior is exemplary! Keep up the good work!

6-10 Points: Cyber Risky

Well, you're not perfect, but few people are. Chances are you haven't done anything terrible and were just having fun, but try not to repeat your behaviors, since they are all offenses. Keep in mind the pain that your fun might be causing others!

11-18 Points: Cyber Sinner

Your online behavior needs to be improved! You have done way too many cyber no-no's! Keep in mind that these practices are dangerous, wrong, and punishable and try to be clean up that cyber record!

More than 18: Cyber Bully

Put on the brakes and turn that PC/MAC/text-messaging device around! You are headed in a very bad direction. You qualify, without doubt, as a cyberbully. You need to sign off

and think about where that little mouse of yours has been clicking before serious trouble results for you and/or your victim(s), if it hasn't happened already!



# INTERNET SAFETY CONTRACT

Pledge for Students in Middle & High School

I, \_\_\_\_\_, agree to the following:

- I will talk with my parents or guardian so that we can set-up rules for going online. We will decide when I may be online and for how long, with whom I can communicate online and appropriate Web sites for me to visit. I will not access other areas or break these rules without their permission.
- I will never share personal information, such as my full name, address, telephone number, the name of my school or any other information that could help someone determine my actual identity. I also will not share personal information about my friends or family.
- I will never download anything from anyone I don't know. I will check with my parents or guardian before downloading or installing software that could possibly hurt our computer or jeopardize my family's privacy.
- I will never agree to get together with someone I meet online, and I will tell my parents or guardian if anyone online asks me to meet in person.
- I will never send someone I meet online my picture or pictures of my friends or family.
- I will not respond to any messages that are mean or in any way make me feel uncomfortable. If I do, I will tell my parents or guardian right away so they can contact the Internet service provider. In turn, I will not use rude or mean language on the Internet.
- I will not give out my Internet passwords to anyone (even my best friends) other than my parents or guardian.
- I will help my parents or guardian understand how to have and learn things online and teach them about the Internet, computers and other technology.

\_\_\_\_\_  
Child's Signature  
Signature

\_\_\_\_\_  
Parent/Guardian's  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

(FROM: [www.attorneygeneral.gov](http://www.attorneygeneral.gov) – Operation Safe Surf)



# **INTERNET SAFETY CONTRACT**

## **Pledge for Students in Kindergarten Through Fifth Grade**

I, \_\_\_\_\_, agree to the following:

- I will turn off my computer monitor or mobile device right away and tell a parent, guardian or teacher if anything makes me feel scared, uncomfortable or confused.
- I will tell my parents, guardian or teacher if anyone online asks me my name, my address, my telephone number or the name of my school.
- I will tell my parents, guardian or teacher if anyone online asks me to meet in person.
- I will never tell anyone online where I will be or what I will be doing without first talking to my parents or guardian.
- I will never talk to people I don't know online.
- I will never send a person my picture or post it online.
- I will not use rude or mean language on the Internet.
- I will help my parents or guardian understand how to have and learn things online and teach them about the Internet, computers and other technology.

\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

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