

Tips for Talking, Texting, and Sending Messages

- Send appropriate text, email, or picture messages only.
- Do not give out your address or other personal information on a phone call, text, or email to people you don't know, or if others can hear you.
- Do not respond to an email, text, picture, or voice message from someone you don't know.
- Tell an adult you trust if you receive anything on your phone—a call, a text message, an email, a picture, or voicemail message—that makes you uncomfortable.
- Be aware of your surroundings and understand when talking or texting is appropriate and when it is not.



The more advanced cellular devices become the more functions they have available. Sending pictures over the Internet is something that children do all the time. Photo-messaging on cell phones is no different. Children need to be aware why all pictures are not appropriate to send.

A few things you need to know about Cyberbullying...

The instant access that cell phones and the Internet provide means that children need to use common sense when it comes to cyber communication. This includes knowing how to handle cyberbullies who use text, email, voice, and instant messages, as well as photos to embarrass, insult, and unnerve kids.

A 2007 study of approximately 2,000 middle school students in grades 6 through 8 found that 42.9% of them had at least one of the following experiences in the last 30 days:

- Received an email or an instant message that made them upset
- Had something posted on a social networking site that made them upset
- Had been made fun of in a chat room
- Had something posted on a Web site that made them upset
- Had something posted online that they did not want others to see
- Were afraid to go on the computer

About the same number of students reported being victims of cyberbullying as being bullies—17% (Source: www.cyberbullying.us)

Review these additional tips with your child:

- Program family phone numbers into your phone for easy access.
- If there is an emergency, don't wait, call 9-1-1 (or your local emergency number).
- Remember that photos you send stay online forever and can be sent to anyone.
- Follow the rules about cell phone use. Cell phones shouldn't be used in some places.



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Crime Prevention Tips provided by:
www.ncpc.org