

INTRODUCING:
**EASING THE
@-TEASING**

A powerful and empowering workshop
from the author of "Easing the Teasing,"
Judy S. Freedman, M.S.W., L.C.S.W.

Easing the e-Teasing
1888 Patriot Blvd.
Glenview, IL 60026

@-BULLYING

THE NEW FACE OF
TEASING, BULLYING
& HARASSMENT



E-TEASING, CYBERBULLYING, 24/7 HARASSMENT...

Whatever the name, one thing is frighteningly clear:
bullying has gone high-tech.

Teasing has always been a widespread and universal problem for children. Traditionally, it has occurred face-to-face on the playground, in the cafeteria, in locker areas, or on the school bus.

As damaging as "traditional" teasing is, a new weapon is being exploited by the teaser and the bully that is potentially much more harmful . . . and infinitely more invasive.

Kids today are using electronic technology to intimidate, humiliate, ridicule, and degrade other kids in ways never imagined just a few short years ago.

- Today's "always connected" generation can harass anonymously – 24/7 – using e-mail, websites, chat rooms, and text- and instant-messaging.
- Computers and cell phones are used to send vicious, sometimes threatening, e-mails and text messages.
- Degrading websites are created that include jokes, cartoons, photographs, and stories.
- Blogs, online diaries and bulletin boards can be used to spread abusive rumors, damage reputations and invade privacy.

In the past, victims of teasing and bullying could find safe, if temporary, refuge in the home. But today's new breed of bully – the cyberbully – knows no boundaries and the e-victim has no sanctuary.

What can today's parents and educators do to protect children from becoming "e-victims"?

Judy S. Freedman, author of "Easing the Teasing[®]", is empowering parents and educators with tools they can use to ease the *online* teasing, bullying and harassment which kids are facing today.

Her workshop – *Easing the e-Teasing* – will heighten the awareness of e-teasing, online harassment and cyberbullying. *Easing the e-Teasing* will address:

- Various types of online social cruelties
- Signs and symptoms to look for
- Reactions to and effects of e-bullying
- Motivations and causes
- Prevention advice
- Intervention strategies for e-bullies and e-victims.

For information on how to bring *Easing the e-Teasing* to your school or group e-mail: **info@easingtheteasing.com**.

Learn more about e-bullying at Judy's website:
www.easingtheteasing.com



No one likes you



Everyone hates you