A Guide on How to Protect Children from Cyberbullying in Gaming
Online gaming is an important tool that can positively impact a child’s emotional, cognitive and social skills.

Online gaming communities can be a source for kids to learn new problem solving skills, improve their creativity and make new friends/socialize. However, due to the anonymity of gaming, it also leaves children vulnerable to negative interactions where cybercriminals & cyberbullies can freely prey on and harass other players with virtually no accountability.

ProtectMe by Kidas, now available through Aura, is the most advanced solution available for parents who are looking to protect their child from serious online threats such as cyberbullying, online predators, sexual content, hate speech and other toxic behaviors that they may encounter while playing online PC games.

Aura’s interface that focuses on keeping families safe is now advocating for a safe and protected gaming experience. Through the Aura app, families can take advantage of ProtectMe to keep their children safe on over 200 popular games and apps.
Defining Cyberbullying

What is Cyberbullying?

Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
Examples of Cyberbullying

Flaming
Flaming is the use of inappropriate or vulgar language to attack or fight with someone online.

Exclusion
Intentionally and publicly excluding someone from a group, and tormenting them after exclusion.

Stalking
Electronically "following" someone and sending them targeted messages with the intention of scaring, harming or intimidating them.

Impersonation
Posing as someone for the purposes of damaging their reputation, inviting an attack, or sharing real or fabricated information about them.

Harassing
Harassing someone is done by repeatedly sending inappropriate, hurtful or hateful messages. Whether the child receiving these messages is responsive or not, it does not change the fact that these hurtful, hateful messages are being received and are not appropriate.

Outing/Doxxing
Sharing a victim's secrets or personal information in a public forum is a form of cyberbullying (and illegal).
Benefits of Gaming

According to Forbes, by the age of 21, the average American has spent 10,000 hours playing video games.

Health Benefits

When it come to playing video games, there are many benefits. Health benefits include:

→ Becoming a better multi-tasker
→ Increasing cognitive flexibility
→ Increasing focus
→ Improving memory
→ Improving eye sight

Social Benefits

In addition to health benefits, gaming has many social benefits:

→ Gamers socialize with others online
→ Gaming helps people connect over similar interests
→ Gaming encourages teamwork and cooperation
→ Gaming increases self-confidence and self-esteem
### Risks of Gaming

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# Commonly Used Slang in Gaming

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<th>Term</th>
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<td><strong>AFK:</strong></td>
<td>Away From Keyboard.</td>
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<td><strong>Bullet Sponge:</strong></td>
<td>A non-playable character who is difficult to kill.</td>
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<td><strong>Poggers:</strong></td>
<td>This term is mostly used in Twitch. It expresses extreme joy.</td>
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<td><strong>Smurf:</strong></td>
<td>When a high-level player creates a new account to play against lower-ranked players.</td>
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<td><strong>Ganking:</strong></td>
<td>When several players gang up on one player with the aim to eliminate the player.</td>
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<tr>
<td><strong>HUD:</strong></td>
<td>This is short for Heads up Display. This is the informative grid, usually on the top of a player’s screen, that displays their stats.</td>
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<tr>
<td><strong>DLC:</strong></td>
<td>Short for downloadable content.</td>
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<td><strong>GG:</strong></td>
<td>Short for good game.</td>
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<tr>
<td><strong>Ragequit:</strong></td>
<td>To ragequit a game is to quit because you are so frustrated by losing or performing poorly within the game.</td>
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<tr>
<td><strong>Toxic:</strong></td>
<td>A player who uses bad language or makes inappropriate remarks.</td>
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<tr>
<td><strong>Grinding:</strong></td>
<td>When a player engages in a repetitive task to gain points for the game.</td>
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How to Protect Your Child from Online Scams

Gaming scams take place in many different ways. From stealing assets, to clicking fake links that look legitimate, there are many ways to get scammed in gaming. For your child, getting their video game hacked is as bad to them as getting your bank account hacked is to you.

Only Buy Gaming Currencies from Official Websites

Only buy gaming currencies from official websites NEVER buy currencies from a site you have been redirected to. Never accept free currencies from anyone who says they will give them to you. There is no such thing as free currency!

Never Share Personal Information with Someone Online

Remind your child not to respond to personal messages, emails or chat messages where you are being asked for any personal information. Remember, most gamers don't care who they are playing against, they just want to play and have fun. If someone is asking your child for personal information, they should always be suspicious.
Never Share Your Password

Don’t share it with friends and never share it with a stranger online. Any time you share your login information or password, you are at risk.

Explain to your child that if they are ever concerned that they have been involved in a scam, it is important to tell you immediately. The sooner you know, the sooner you can do damage control by cancelling credit cards, changing passwords etc.
Children Who are Cyberbullied are Twice as Likely to Commit Suicide*

Children who experience cyberbullying & harassment in multi-player video games often:

→ Are more likely to experience in-person bullying Internalize their emotions

→ Experience increased feelings of depression & anxiety

→ Experience lower self-esteem & feelings of self-worth

→ Experience physical pains such as headaches & stomach aches

They may act out using:

→ Risky sexual behaviours

→ Aggression

→ Delinquent behaviours

→ Demonstrate lower academic engagement and life satisfaction

*provided by the CDC
How do you know if your child is being cyberbullied? Without a monitoring software installed on your child's computer, it can be hard to identify if your child is being cyberbullied.

Here are some signs to look out for:

- Difficulty sleeping
- Frequent nightmares
- Declining grades
- Loss of friends or a decline in interest in attending social functions
- Decreased self-esteem or feelings of hopelessness
- Decreased interest in spending time online
What To Do When Cyberbullying Happens

Finding out your child has been cyberbullied is very upsetting. You want to support them, but sometimes it is hard to know exactly what to do or say. Here are some tips:

Spend Time With Your Child

Remind them how much you love them and how invaluable you find their company and their ideas. Bond with your child by doing something you both enjoy, and make sure to leave your phone elsewhere so your child gets your undivided attention.

Show Empathy and Let Your Child Explain Their Feelings

A mean word or phrase texted or posted online may not feel impactful to you, but don’t diminish your child’s feelings. Help them understand that words have power and that their hurt feelings are valid. Let your child know that you are a shoulder to lean on.
Help Your Child Find New Opportunities to Socialize With Like-Minded People

Does your child like to read? Check and see if your library has a book club for kids their age. Have a sports lover? Look up teams in the area for the sport of your child’s choice. Was your child made for the stage? Try to find a local theatre group. Helping your child find a new group of like-minded peers will help them understand they have a place where they are wanted and appreciated.

Empower Your Child

Sadly, the cyberbullying experience that they just had may not be the last. Talk to your child about the way the experience made them feel and the ways they can change the narrative if it happens again. Talk about things they can do to prevent getting into a similar situation and ways to cope if they do.
If Your Child Has Been Targeted By Another Gamer, We Recommend:

1. Stop talking with the player immediately.

2. **Report the gamer.** Follow the steps in the link provided to report the player on different platforms.

3. Always keep a record of the abuse by keeping the chat history.

4. Call the police department in your hometown to receive guidance.

Additionally, you can reach out to the cyber tip line.

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How to Talk to Your Child About Standing up to Bullies

Stop the Cyberbullying When You Can
If you hear, see or are sent something that is not true, stop the spread. Do not forward on a message that is untrue or tell someone else. Tell the person who sent or said the rumour that they are wrong and that they should stop.

Show Your Support
Let the cyberbullying victim know that you saw the cyberbullying and that it was not right. Sympathize with them and let them know that they are not alone as they can feel very isolated. Talk about what just happened and how they felt about it.
Respect Others’ Differences
Everyone is different and differences should be celebrated. Not everyone is good at the same thing and everyone has different skills. Respect one another openly.

Don’t Be a Bystander
When you hear people talking about bullying others, or planning something, or see others laughing with a bully, let them know that they are contributing to the problem and that what they are doing does not deserve any laughter.

Get Other People on Your Side
Be an up-stander and encourage your friends and others to be an upstander too.

Follow Up
Follow up with someone who was cyberbullied by text or phone to see how they are doing. Reaching out and being a good friend makes a huge difference.
**ProtectMe** is a software that was developed to run silently in the background of a child’s Windows computer to monitor in-game voice and text communication as well as screen time to keep online gaming safe.

By installing Kidas on a child's computer, parents receive alerts of any toxic gaming behaviour such as cyberbullying, online predator attacks, privacy violations & more.

Resources accompany each alert for parents to use when speaking to their child about what was detected, and what steps to take next to prevent it from continuing or happening again. Learn more at [getkidas.com](http://getkidas.com)