Cyber Bullying (Taken from various internet sources)

Q-1: “You discover that your son's schoolmate is making fun of him on Facebook (though not yet off-line). Do you complain to the school?”

A-1: “Yes. Cyber bullying is serious. Go to the principal first: If it's happening on school Internet systems, the school may be legally required to take action. Also, you can file a complaint with the Web site involved or the bully's Internet service provider or cell phone company. For details, see cyberbullying.org.”

Q-2: “Asking an Eager Facebook Friend to Tone it Down

One of my Facebook friends is a man I've met two or three times in a professional group. I don't know him very well, but he seems like a rather smart and nice person. Unfortunately, he comments on at least 80 percent of my updates and posts.

Most of his comments are pretty relevant and sometimes funny, but I feel that the amount of feedback I'm getting is disproportionate to our actual relationship. I'm like the girl at a party who is exchanging pleasantries with a guy, but then the conversation just goes on and on, making me seem unavailable to anyone else.

This man seems like a pretty decent person. I value his online presence so I don't want to just "unfriend" him or change my privacy settings. What do I do?”

A-2: “It's always difficult when you have to put limits on a relationship. Whether you're the girl at the party trying to exit a never-ending conversation or the person on Facebook receiving more comments than you think are warranted, cutting someone else off is awkward. It can leave hurt feelings and resentment if not done carefully.

If you have patience, first try some benign options. Give it time. Perhaps he's new to Facebook and will reduce his commenting as the novelty wears off. Or you could take a break for a week or two yourself. When you start up again, you may discover that he's found other places to spend his time, and, therefore, he comments less often.

Approaching him directly is the next step. Before doing that, accept that he may feel some embarrassment as it's likely it wasn't his intent to overload your page. That said, it's OK to go ahead and communicate with him directly. Do it gently and privately. Because you've met him professionally, you can call him or write him. "Jim, I value our professional friendship, and I'm glad we're connected on Facebook. While I appreciate all your comments, I was wondering if you'd mind dialing your commenting back some so other people have a chance to comment as well? Thanks.”

Q-3: “What Not to Post

I don't belong to Facebook. Two acquaintances I know do. They discovered they both knew me and have been e-mailing each other about me.

I discovered this when one person forwarded all the other person's e-mails about me to me. I was really dismayed and upset. It has caused a breach in both friendships. I don't feel I can ever feel comfortable again with them. Is this something that can be avoided?”

A-3: “Unfortunately, your dilemma is more basic than Facebook or other social networking sites and cannot be avoided so long as people choose to talk behind other people's backs.

Long before computers were a means of communication, people did things like pass handwritten notes between each other, notes filled with the same hurtful comments that your friends articulated on Facebook. Regardless of the means by which the catty comments are conveyed, communicating them in any form is rude, hurtful, and wrong.

It's galling that it happens not just in people's personal lives, but also in business. One of the basic tenets of communication that I teach in my business etiquette seminars is not to use a public form of communication for anything that you don't want other people to see. Think of it this way: If you can't post the message on a bulletin board for anyone to see, then don't use social networking vehicles - or e-mail, texting, voice mail, or even handwritten notes - to convey the message. At the moment you most don't want it seen, it will be seen by the person you don't want to see it.

In your situation the damage is done. The hurt and betrayal by both parties can't be erased. You have two choices: To engage either or both of the people in an attempt to clear the air and begin rebuilding the relationships; or accept that these people were not the people you thought they were and realize you're better off not associating with them anymore. It's a tough choice.”