

PREVENTING, IDENTIFYING, AND RESPONDING TO CYBERBULLYING

PREVENT YOUR CHILD FROM BEING A CYBERBULLY

- Talk with your child about treating others with kindness – even on the Internet
- Discuss repercussions if Internet/cell phone is used irresponsibly
- Help your child make effective decisions
- Warn against online retaliation

IF YOUR CHILD IS CYBERBULLYING

- Clearly tell child that behaving in this manner is wrong
- Warn against retaliation/encouraging others to retaliate
- Discuss Internet/cell phone restrictions and/or monitoring if bullying behaviour continues

IF YOUR CHILD WITNESSES CYBERBULLYING

- Help your child develop sense of responsibility for well-being of others
- Stress importance of telling bully to stop – and telling an adult
- Stress the importance of telling an adult

SIGNS OF VICTIMIZATION

- Signs of depression, sadness, anxiety, anger, fear – seems especially upset after using the computer or seems preoccupied with using the computer/cell phone
- Avoidance of friends, school, activities, and/or decline in grades
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RESPONDING TO CYBERBULLYING

- Save the Evidence
- Identify the Cyberbully
- Tell Cyberbully to stop – but DO NOT retaliate
- Ignore/block the Cyberbully
- File a complaint with ISP
- Contact your school
- Contact the police