



# **STOP Cyberbullying**

## **Guidelines for Parents/Caregivers & Educators**

### **PREVENT CHILDREN FROM BECOMING A CYBERBULLY**

- **Talk with children/teens about treating others with kindness – even on the Internet**
- **Discuss the expectations and the repercussions if Internet/cell phone is used irresponsibly**
  - Restricted/Terminate Internet access
  - Monitoring Software
  - Criminal Arrest
- **Help children and teens make effective decisions**
  - Am I being kind and showing respect for others and myself?
  - How would I feel if someone did the same thing to me or to my best friend?
  - How do I feel inside?
  - What would a trusted adult, someone who is important to my life, think?
  - Is this action in violation of any agreements, rules, or laws?
  - How would I feel if others could see me?
- **Warn against online retaliation**

### **IF YOUR CHILD/STUDENT IS ENGAGING IN CYBERBULLYING**

- **Talk with child/teen and clearly tell him/her 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**
- **Direct child /teen not to access the Internet anywhere but at home or school**

### **WITNESSING CYBERBULLYING**

- **Help your child/teen develop sense of responsibility for well-being of others**
  - Even just watching the bullying happen is contributing to it because bullies crave an audience
- **Stress importance of telling bully to stop – and supporting the person being hurt**
- **Stress the importance of telling an adult**

### **RESPONDING TO CYBERBULLYING**

- **Save the Evidence**
- **Identify the Cyberbully**
- **Tell Cyberbully to stop**
- **Ignore/block the Cyberbully**
- **File a complaint with ISP**
- **Contact your school**

- **Contact the police**