CYBERBULLYING PARENT FACT SHEET

- KNOW WHAT YOUR CHILD IS DOING ONLINE OR WITH THEIR TECHNOLOGY
  - Be aware of what sites your child visits and what their online activities are
  - Learn about the sites and how they work and try out the technology so that you understand it
  - Know their user names and passwords
  - "Friend" or "follow" your child online or allow a trusted adult to do so who will report concerning activity to you

- ESTABLISH RULES
  - Discuss with your child about what is appropriate online or electronic communication and what is not permitted
  - Advise your child to keep their password information secret from others to protect their online identity and to be mindful of where their electronic devices are and who has access to them
  - Encourage them to think about what they are sharing using technology and who their audience is when they post or comment (i.e.,"Who can see that picture? Is this something you're okay with strangers seeing or knowing about you?")
  - Warn them you may review their online communications and text messages either at your discretion or if you feel there is a concern.

- ENCOURAGE YOUR CHILD TO REPORT CYBERBULLYING, TOWARD THEMSELVES OR OTHERS, IMMEDIATELY AND ACT TO PROTECT THEM
  - Don't respond by revoking their online or technology privileges which often results in students choosing not to report cyberbullying because they fear losing their phone, technology or online access.
  - Explain to your child not to respond to cyberbullying.
  - Capture evidence of cyberbullying. Document instances (who, what, when, where, witnesses). Save and print screenshots, emails, and text messages. Maintain this information away from the target so they are not obsessively reviewing or repeatedly being exposed to negative communications.
  - Report cyberbullying to web and cell phone service providers and your school district if the cyberbullying is happening on school property, using school property, during the school day or during a school-related activity.
  - Block the person who is cyberbullying.
  - Contact the police if cyberbullying involves:
    - Threats of physical harm or violence
    - Sexually explicit photos or messages, especially of minors
    - Stalking or harassment
    - Hate crimes
    - Violations of privacy.

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