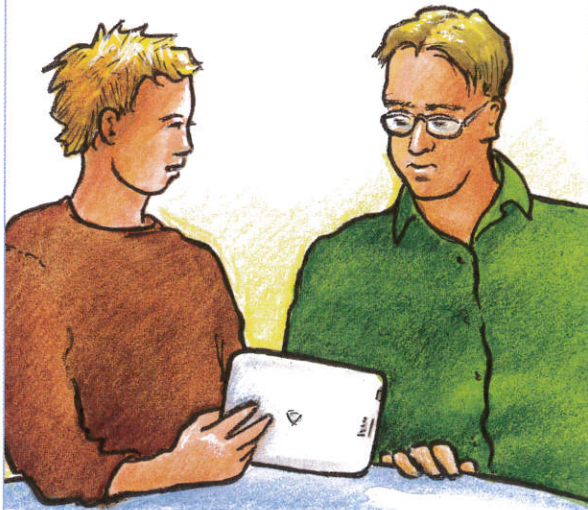


8. Help your child cope.

- ▶ When children are the target of bullying, they will need help coping.
- ▶ Let them know that being bullied is not their fault.
- ▶ Say, "I'm sorry you are going through this," or "Together we will find a solution."
- ▶ Help them find things to do besides being online. Encourage fun with friends or family.
- ▶ Be aware that your child may need extra support, especially if he or she becomes anxious or depressed.



Cyberbullying is common. You can take steps to help children avoid cyberbullying, or get help if it is happening to them. To learn more about cyberbullying, visit: onguardonline.gov

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Designed by Eva Bernstein. Illustrated by Meg Biddle. Special thanks to our medical, professional and audience reviewers.

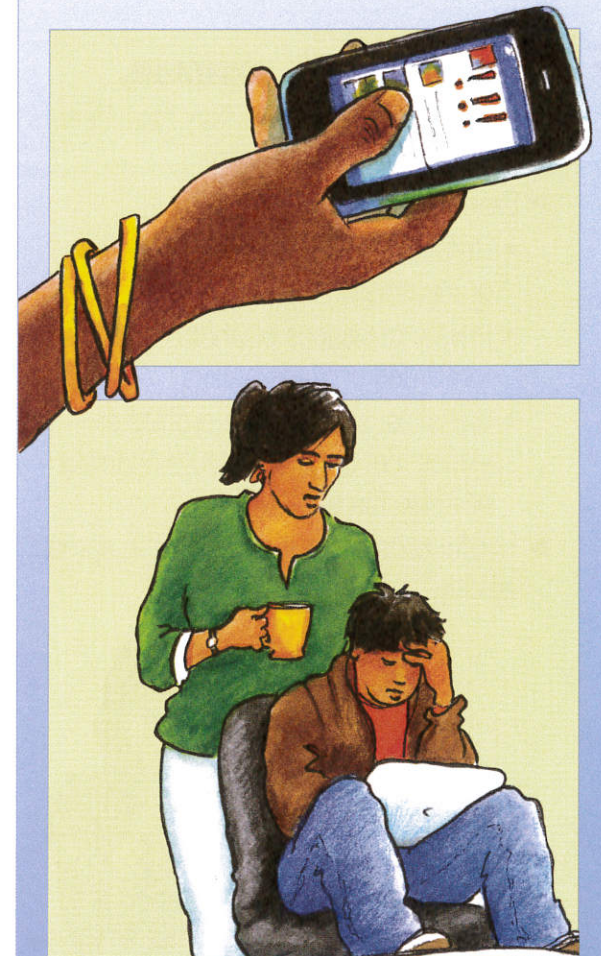
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▶ 8 THINGS PARENTS NEED TO KNOW ABOUT Cyberbullying



When computers, cell phones or other devices are used to embarrass or hurt someone, it is called **cyberbullying**. Here are 8 things parents should know about cyberbullying.

▶ 1. Cyberbullying is serious.

- ▶ Children who are bullied may become afraid or depressed. They may have trouble at school. They may have health problems.

▶ 2. Cyberbullying is common.

- ▶ Many young people say they have been the target of cyberbullying.
- ▶ Examples include:
 - Hurtful, rude or mean texts, photos or messages.
 - Private messages or photos that are forwarded or made public.
 - Websites, social media profiles or videos that are created to embarrass or make fun of others.
- ▶ Hurtful texts, images or posts can spread quickly.



▶ 3. Talk with your child.

- ▶ Be sure children know never to send or forward hurtful images or text.
- ▶ Help children understand that you expect them to respect others – online and offline.



▶ 4. Teach children to think before they send.

- ▶ Children may think their texts or posts are just jokes. But the person who is the target may not think it is funny.

▶ 5. Cyberbullying can get your child into trouble.

- ▶ If your child takes part in bullying, it may mean trouble at school or even with the law.

▶ 6. Teach children what to do if they are the target.

- ▶ If your child is sent mean or hurtful messages, he or she should not respond.
- ▶ Have your child save the post or message – it is evidence. He or she should show it to you or another adult who can help.

▶ 7. Encourage your child to talk with you if he or she is having a problem.

- ▶ Be supportive. Work with your child to find a solution.
- ▶ Help your child block the people sending the hurtful messages.
- ▶ If the cyberbullying doesn't stop, contact the Internet Service Provider (ISP) or cell phone company.
- ▶ If bullying is happening at school, talk with a counselor or principal. He or she can help you decide what action to take.
- ▶ Report threats of violence to the police.

