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Suggestions for Parents

Cyber-Bullying: Suggestions for Parents

Cyber-bullying can range from rude comments to lies, impersonations, and threats, therefore your responses may depend on the nature and severity of the cyber-bullying.

Here are some actions that you may want to take after-the-fact.

- ▶ **Strongly encourage** your child not to respond to the cyber-bullying.
- ▶ **Do not erase** the messages or pictures. Save these as evidence.
- ▶ **Try to identify** the individual doing the cyber-bullying. Even if the cyber-bully is anonymous (e.g., is using a fake name or someone else's identity) there may be a way to track them through your Internet Service Provider.
- ▶ If the cyber-bullying is coming through e-mail or a cell phone, **it may be possible to block** future contact from the cyber-bully.
- ▶ **Contact your school.** If the cyber-bullying is occurring through your school district's Internet system, school administrators have an obligation to intervene. Even if the cyber-bullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyber-bullying or watchful for face-to-face bullying.
- ▶ **Contact the police** if cyber-bullying involves acts such as:
 - ▶ Threats of violence
 - ▶ Extortion
 - ▶ Obscene or harassing phone calls or text messages
 - ▶ Harassment, stalking, or hate crimes
 - ▶ Child pornography

Survey Says

- ▶ 85% of 13-17 year olds have social media accounts. Parents fear "bullying" on these accounts...

For More Information Kentucky Center for School Safety



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How to Prevent Cyber-bullying

- ▶ Discuss with your child openly what is appropriate and what is not appropriate to communicate online.
 - ▶ Don't give out private information (Passwords, PIN)
 - ▶ Be careful about posting personal information such as name, address and cell numbers
 - ▶ Don't share buddy lists
 - ▶ Delete messages from people you don't know
 - ▶ When something doesn't sound right, leave the chat room
- ▶ Assume no digital communication is private
- ▶ Use privacy settings on social media sites
- ▶ Explain the problems of posting pictures online
- ▶ Teach how to identify a threatening communication

Surf Smart

- ▶ Explore the internet with skill and direction!

Share Less

- ▶ Keep your personal information private!

Think First

- ▶ Interact online appropriately!

Remember... long-term effects of cyber-bullying include:

- ▶ Poor academic performance
- ▶ Anxiety and loss of interest in socializing
- ▶ Aggression or violence toward others
- ▶ Depression and suicidal thoughts

Resource: U.S. Department of Health and Human Services
<http://stopbullyingnow.hrsa.gov>

Fact

- ▶ 90% of students who had been threatened online had never discussed that possibility with a parent

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