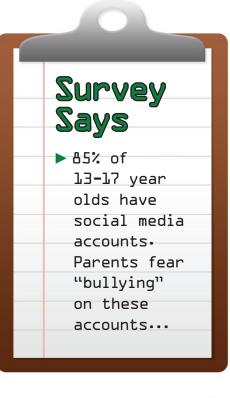


Cyber-Bullying: Suggestions for Parents

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 cyberbullying. 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



For More Information

Kentucky Center for School Safety



- /kcssnews
 /kyschoolsafety
 (877) 805-4277
- ask@kycss.org

www.kysafeschools.org





Kentucky Center for School Safety

Cyber-Bullying: Suggestions for Parents

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 <u>http://stopbullyingnow.hrsa.gov</u>

 Fact
90% of students who had been threatened online had never discussed that possibility
with a parent
More Information

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