



PARENT TIP SLIPS

Cyberbullying

What is Cyberbullying?

Using electronic means to intimidate, harm, exclude or ruin a reputation – includes the use of emails and instant messaging, text or digital imaging sent on cell phones, web pages and web logs (blogs), chat rooms and discussion groups.

How to Avoid it:

- Keep your home computer in an easily viewable place so that you can learn what your children are doing on-line.
- Encourage your children to come to you if they feel uncomfortable or threatened when on-line.
- Talk to your children about responsible Internet use. Emphasize that they are not to give out personal information such as their phone number, on-line name, or email address.
- Explain that cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior. Consider creating, with your children's input, an on-line agreement or contract for computer use.
- Make sure that you know each of your child's contacts.
- Learn computer "chat" language – www.netlingo.com

If your child is being cyberbullied:

- Save any harassing messages or photos so they can be forwarded to police and/or your Internet Service Provider.
- Contact your child's school if the cyberbullying is occurring with another student or through a school website or email.
- Report the incident to police and your Internet Service Provider.