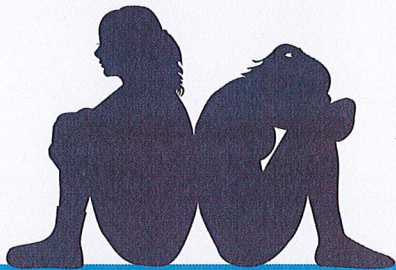


## CYBERBULLYING TIPS

Cyberbullying can happen anywhere hurtful or offensive comments or photos can be sent or posted. Children must be taught that anonymity is not an excuse to say anything you would not say directly to a person's face and to always report hurtful interactions.



**Can you imagine being bullied at school and the bully following you all the way home and then straight into your house? That's what children are facing these days. Cyberbullying is persistent.**

### Communicate, Recognize, & Act

Communication and trust are critical in cyberbullying situations. Start cyber safety conversations early.



#### Talk to your kids about cyberbullying and teach them to:

- Report offensive or hurtful comments immediately, whether they are the target or not.
- Be careful what they send or post about someone else- unintentional bullying is still bullying.

#### Recognize signs of cyberbullying:

- Anger, depression, or frustration after using any devices.
- Stops using devices unexpectedly.
- Stops accessing social media, apps, or games.
- Uneasy about going to school.
- Abnormally withdrawn from usual friends & family members.

**90% of kids have their phone, tablet, or computer in their room.\*  
What are your children doing when you aren't watching?**



#### Help your children to take action:

- Save the texts/posts/emails.
- Don't reply and don't delete them.
- Report the user online and block from further interaction
- Inform schools & authorities about the situation for further guidance & instructions.

\*Center's Children's Internet Usage Study