

## Cyber-bullying Tips for Parents



- **Ask your child questions**, maintain an open dialogue.
- **Keep computers in a common room.**
- **Talk about your expectations** regarding acceptable online/phone behavior before they receive the privilege. Behavior online should be the same as what you would do in person or in front of someone you respect.
- **Make agreements** and set boundaries about accepted use and behavior for online/phone communication. Often youth don't tell parents because they fear losing technology privileges.
- **Help** child think through how the information they put online reflects on them.
- **Inform youth** about legal limits and future consequences of harmful posting online or by phone.
- **Ask** your child to teach you about programs and technologies you don't understand or of which you don't have familiarity.

## Tips for Parents to Address Bullying

- Focus on your child. Be supportive, listen and gather information about the incident. Try doing an activity while talking such as; walking, baking, or riding bikes.
- Never tell your child to ignore bullying. What your child may "hear" is that you are going to ignore it. If your child were able to simply ignore it, he or she likely would not have told you about it. Often, trying to ignore bullying allows the situation to become more serious.
- Contact your child's teacher or principal to report bullying and to find out about the school's bullying prevention plan. Give specific details and then ask for the next step to from the school. Follow up.
- Keep your emotions in check. Give factual information about your child's experience of being bullied, including who, what, when, where and how.
- Help your child become more resilient. Talk to your child about being friends with certain people and knowing which friends he or she can count on. Support positive relationships by encouraging them to hang out with kids that make them feel good about themselves.

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