

## If a Child is the Victim of Bullying or Cyber-Bullying:

- Instruct them not to retaliate
- Respond with a short, unemotional message such as "stop texting me"
- Try to "block" the person
- Keep the evidence!
- Contact the parents of the child doing the bullying over the phone or in person to discuss the situation
- If physical threats are made, talk to the police
- Support the child and remind them it is not their fault



## Resources

### **On Internet safety:**

OnGuardOnline.gov – Protects against internet fraud and securing your privacy

WiredSafety.org- Information and education about internet safety

Connectsafely.org- For parents, teens and educators learning about safe use of internet

### **On Cyberbullying:**

Stopcyberbullying.org – Cyberbullying prevention guidelines

Teenviolencestatistics.com

Cyberbullying.us- Cyberbullying research center with resources for parents and teens

Netfamilynews.org- News on childrens' use of technology for parents

### **For Teens:**

Athinline.org- Videos and information for teens on digital use and abuse

Thatsnotcool.com – Video and information for teens on standing up to bullying