

ERASMUS + Programme	Action Type	Partnerships	
Call	2017 – 2019		
Title of the Partnership	Eyes on Cyber Bullying - Safe Schools and Violence Free (2017-1-RO01-KA219-037153)		
			

Tips of Parents: Protect Your Child from CyberBullying

Dealing with cyberbullying can be difficult, but there are steps parents can take to prevent it. Parents have a responsibility to help keep youth **safe online**. In order to do this, parents have to be aware of the types of activities youth are engaged in online and teach teens about cyber-ethics, responsibility, and Internet safety.

General Assertiveness Strategies - Starting at Home

- Teach self-control, empathy, sensitivity and values. Teach child to control his/her anger.
- Don't tolerance the mistreatment of others, teach your child to treat others the way they want to be treated.
- Discuss bullying scenes you watch on television or in movies.
- Reward your child for improvement in behaviour.
- Monitor your child's friendships. Sometimes he/she may seek friends in the wrong places and with the wrong people.
- Monitor your child's viewing of violence on television, in video games, and in movies.
- Limit the time your child has on the computer and telephone.
- Watch for signs of anger, anxiety, and depression.
- Watch for signs that your child may be suicidal. When appropriate, seek professional counseling for your child.
- Make sure your child gets adequate rest, exercises and eats right.
- Help your child identify talents and gifts and develop a hobby or skill of social value (something students will think is really cool).
- Keep lines of communication open with your child and his/her school.
- Develop social skills and teach your child friendship makings skills.
- Encourage positive self-talk.
- Involvement in service/helping projects. These can help heal his/her emotions and might help them feel good about themselves.
- If your child has a disability, encourage him/her to talk openly about the disability.
- Teach your child to throw something at the bullies and run when in danger.
- Transfer your child to another school. This is a last resort and may not work, especially if the bullies talk to students in the new school.

What To Do When Your Child is Cyberbullied

1. **Make sure your child is (and feels) safe.** Look confident, don't appear hurt or angry, parents must demonstrate to their children through words and actions that they both desire the same end result: stopping the cyberbullying.

2. Talk with and listen to your child. Be thankful that you know. Engage your child in conversation about what is going on. Take the time to learn exactly what happened, don't minimize the situation or make excuses for the aggressor. Calmly discuss the bullying events with your child. Ask your child to answer the following questions.

- 1) Who is involved?
- 2) What was said and done to you and by whom?
- 3) What happened or usually happens immediately before the bullying occurs?
- 4) Who were the bystanders and what did they say and do?
- 5) When does the bullying occur?
- 6) Where does it happen?
- 7) Was there adult supervision? If so, who were they and what did they say and do?
- 8) Are there any video cameras in the area recording activities?
- 9) How did you respond?
- 10) What happened or usually happens after the bullying event?
- 11) Who has been told about the bullying and what have they done?
- 12) How long has this been occurring?

3. Collect and save the evidence. Print out or make screenshots of conversations, messages, pictures, and any other items which can serve as clear proof that your child is being cyberbullied. Keep a record of any and all incidents to assist in the investigative process. Record all instances of cyberbullying.

4. Work with the school. All schools have a bullying policy, and most cover cyberbullying. Your child has the right to feel safe at school, and educators are responsible to ensure this through an investigation and appropriate response. Get a copy of the school's anti-bullying policy and procedures. Make sure your child, you, and school personnel are following the procedures. Meet with your child's teacher and principal. Share the details (who, what, when, where, etc.) of what is happening to your child.

Don't tell your child to ignore the bullying. Immediately develop a safety plan with your child that can be expanded by his/her school. Here are some guidelines and suggestions:

- Ask your child what needs to be done to keep him safe during the school's investigation of the situation.
- Ask your child the name of an adult he/she wishes to report to every day at school regarding his/her treatment. Share this information with your child's teacher and principal and ask them to make the arrangements for this to occur.
- Tell your child to avoid the bully, when possible. If your child cannot avoid the bully, then he/she should at least try to keep their distance.
- Tell your child to use her best judgment and follow her instincts. For example, if the bully wants something that belongs to her and it appears she could be harmed, she should give it up then walk off with confidence, acting as if the bully didn't hurt her. She should then report the mistreatment to a trusted adult. Tell the bullied student safety is more important than possessions.
- Ask your child to give the supervising adult (bus driver, bus monitor, teacher, etc.) a secret visible signal when she is being mistreated.

5. Refrain from contacting the parents of the bully. Some parents confronted with accusations that their child is engaging in cyberbullying may become defensive and therefore may not be receptive to

your thoughts. Calling the bully's parents may or may not stop the bullying. Many parents of children who bully are understanding and want their children to behave. However, usually it is best not to call the bully's parents.

6. Contact the content provider. If you don't know who the cyberbully is, contact the content provider of the site where the cyberbullying is occurring and make a report. The most popular web sites (like Facebook, YouTube, and Google) make it pretty easy to report cyberbullying.

7. Block access to cyberbullies. Block cyberbullies from contacting you. Most websites and software programs have the ability for you to block certain users from messaging you or even being able to "see" you online. Newer phones have the capability to block preset phone numbers, and you can also contact your cell phone service provider (for example, AT&T or Verizon) to help. If certain people simply cannot reach you, it will be more difficult for them to bully you.

8. Contact the police when physical threats are involved. Most states have laws related to online threats, and law enforcement can assist in these cases either informally or formally.

9. Contact the counsellor. Your child may benefit from speaking with a mental health professional. Children may prefer to dialogue with a third party who may be perceived as more objective.