

# What Parents Need to Know About **Cyberbullying**

1 in 4 teens  
has been  
cyberbullied.

Only 1 in 10  
tells an adult.

**\*\*70% of students report seeing frequent bullying online.**

**\*\*68% of teens agree that cyber bullying is a serious problem.**

**\*\*90% of teens who have seen social-media bullying say they have ignored it.**

**\*\*About 58% of kids admit someone has said hurtful things to them online.**

**\*\*About 75% of students admit they have visited a website bashing another student.**

**\*\*Girls are about 2X as likely as boys to be victims and perpetrators of cyber bullying.**

**\*\*81% of young people think bullying online is easier to get away with than bullying in person.**

**\*\*Bullying victims are 2 to 9 times more likely to consider committing suicide.**

## **Parents: You Matter!!**

Today's children are the first generation to use technology to bully each other. Today's parents are the first who have needed to learn how to address this issue with their children.

### **1. Have the "cyberbullying" conversation.**

Bullying can be hard for teens to talk about with their parents for many reasons. They might be: embarrassed by what is happening, afraid the bullying will increase if they tell, concerned they will lose access to their technology, or think they should be able to deal with it on their own. Make sure they understand what cyberbullying is:

*Cyberbullying is **willful and repeated harm** inflicted through the use of computers, cell phones, and other electronic devices*

### **2. Set cyber safety rules.**

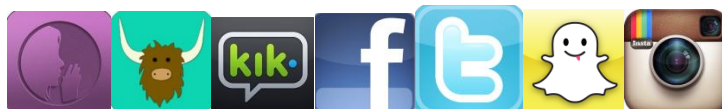
You set limits and boundaries for your teen's safety in the physical world. Do the same in your teen's cyber world. Remind your teen that they never really know who is on the other end of cyber communication. With that in mind, two good guidelines are:

- 1) Don't do or say anything online that you wouldn't do or say in person.**
- 2) Don't reveal anything that you wouldn't tell a stranger, including photos and personal info.**

### **3. Know what your teen is doing online!**

Privacy is important, but safety is more important. As a parent, you have a responsibility to know what your children are doing online. Establish rules about your access to your children's cell phones, text history, social networking sites, and other computer accounts that they may use for posting information. Make decisions about passwords, how often you will check the accounts, and how inappropriate information will be handled and communicate all of this ahead of time.

**Know what apps they are using for communication!!**

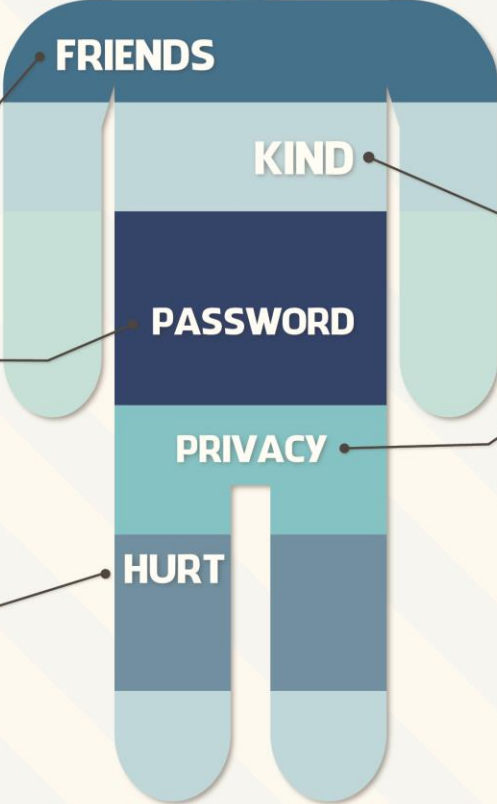


# safebook

**YOU** 

**THINK**

Think before you post



Only connect with friends

**FRIENDS**

**KIND**

Be kind to others

Don't share your password

**PASSWORD**

Keep your settings private

**PRIVACY**

Don't be hurtful towards others

**HURT**





## PARENTS & TEACHERS

- Join social media sites to learn
- Understand how it works
- Teach safety and responsibility
- Privacy - check their settings



## FRIENDS

-  **DON'T:** Stay silent
-  **DO:** Help your friend
- Report the bully
- Tell your parents
- Tell your teacher



## IF being bullied...

-  **DON'T:** Respond
-  **DO:** Save what they say
- Unfriend the person
- Block them
- Tell a Friend
- Tell your Parents
- Report the person

**TELL**

**UNFRIEND**

**BLOCK**

**REPORT**

*Did you know FCCHS has a community group page already devoted to spreading positive posts?? **"FCCHS Positive Posts"** has been on Facebook for one year now. Join the group to increase morale at FCCHS!*