WHAT PARENTS NEED TO KNOW ABOUT

**CYBERBULLYING** 

Discover the essentials of online safety, guiding your children in respectful, safe, and thoughtful online interactions.

Empower positive digital behavior with these key insights.



# What is Cyberbullying?

At this age, kids may encounter more subtle forms of cyberbullying, such as passive-aggressive comments or anonymous messages. It's important to help them understand the impact of their actions, recognize signs of cyberbullying, and know how to respond safely.



# Cyberbullying Information for Parents

## <u>Understand the Importance of Digital Community</u>

Help your child recognize that being online means participating in a shared space where kindness and empathy build stronger connections.

**Example**: "When you're in a group chat or on social media, think about how your actions can make others feel supported."

#### **Encourage Collaborative Problem-Solving**

Discuss scenarios of cyberbullying and brainstorm together how they can support a friend or navigate challenges.

**Example**: "If someone in your group chat is being left out, how could you help make them feel included? Let's talk about some ideas."

## **Shift the Conversation to Empowerment**

Frame discussions about cyberbullying as opportunities for leadership and positive change.

**Example**: "If you see something mean online, you have the power to step in, report it, or privately support the person who's hurt."

#### **Model Active Participation in Digital Life**

Show your child how to use technology for good—share an inspiring article, comment positively on a friend's post, or engage in a community project.

**Example**: "Look at this post about raising awareness for a cause—this is a great way to use social media for something meaningful."



