

Help Kids Fight Cyberbullying and Other Mean Online Behavior

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Take breaks.

If you notice your kid getting pulled into digital drama, help them take a break. It's great if they can determine for themselves when they need to step back, but they might need some help setting limits. Putting devices to bed at a specific time, plus breaks for mealtimes and face-to-face connection, can help kids recharge.

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Review worst-case steps.

Walk through what to do if your kid is being bullied online. First, step away. Ignoring a bully can be very effective. If the bullying continues, take screenshots or print out evidence. Then block the person. If it gets worse, report the behavior to a trusted adult. Talk about who those people are and make sure your kid has their contact information.

