

Parent Tips for Handling Cyberbullying

What Is Cyberbullying?

It is bullying carried out through the use of internet and mobile phone technologies. Being the target of inappropriate or hurtful messages is the most common form of online bullying. Cyberbullying does not require face to face contact, it can occur at any time (day or night).

If your child is being cyberbullied

- have your child tell you immediately
- take a screenshot (picture) of the message, get name of sender, and date/time it was sent/shared
- immediately block the person who sent the message
- contact the Social Network App (i.e. Facebook, TikTok, etc.) and phone provider to make a report
- report to law enforcement immediately if there is someone threatening your child

How Parents Can Stop Cyberbullying

1. **Keep the computer in a common area of the home.** Do not allow it in your children's bedrooms. Monitor their online usage.
2. **Learn how various social networking apps and sites work.** Become familiar with Snapchat, Facebook, Instagram, and Twitter.
3. **Talk regularly and specifically with your children about online issues.** Let them know they can come to you for help if anything is inappropriate, upsetting, or dangerous.
4. **Build trust with your children.** Set time limits, explain your reasons for them, and discuss rules for online safety and Internet use.

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5. **Tell your children not to respond to any cyberbullying threats or comments online.** However, do not delete any of the messages. Instead, print out all the messages, including the email addresses or social media handles of the cyberbully. You will need the messages to verify and prove there is cyberbullying.
6. **Don't overreact by blaming your children.** If they are being bullied, be supportive and understanding.
7. If there are threats of physical violence or the bullying continues to escalate, **get law enforcement involved.**

What Advice Should I Give My Child?

1. **Don't Reply:** Young people should never reply to messages that harass or annoy them. The bully wants to know they have upset their target. If they get a response it feeds into the problem and makes things worse.
2. **Keep the Messages:** By keeping nasty messages your child will be able to produce a record of the bullying, the dates and the times.
3. **Block the Sender:** No one needs to put up with someone harassing them. Whether it's mobile phones, social networking or chat rooms, children can block contacts through service providers.
4. **Report Problems:** Ensure your child reports any instances of cyberbullying to websites or service providers. Sites like Facebook have reporting tools. By using these, your child will be passing important information to people who can help eradicate cyberbullying.

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Other Suggestions:

- Have a conversation with your child about using technology responsibly
 - Discuss what is appropriate to share and what isn't (i.e. personal information, inappropriate pictures, mean comments/videos, etc.)
- Set rules/limits on technology use (i.e. limit screen time/phone use, turn in phones/tablets at bedtime, etc.)
- Have your children share their passwords with you for their Social Network Apps
- Do random checks on their account content in their Social Network Apps/phone
- Remind students not be an accomplice by forwarding any messages, videos, etc. to other students
- Parents can get more information about the different Social Media apps (i.e. TikTok, Snapchat, Instagram) and Games (i.e. Fortnite and Roblox) through the following school (Counselor) website:

<https://www.southsanisd.net/domain/207>

Contact Information:

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|-----------------------------------|--|
| • CareZone | 210-965-2692
carezone@southsanisd.net |
| • District Hotline | 210-977-7000 |
| • District Police | 210-977-7500 |
| • School Counselor – Mrs. Pacheco | diana.pacheco@southsanisd.net |
| • San Antonio Police | 911 |

*Information shared in this document came from the following sites:

<https://www.webwise.ie/parents/cyberbullying-advice/>

<https://www.parents.com/kids/problems/bullying/18-tips-to-stop-cyberbullying/>