Cyberbullying

Cyberbullying is bullying through the internet applications and social media. It can be harmful to your child’s mental health.

Help your child deal with and respond to cyberbullying

- Tell your child not to respond to rude comments.
- Save the evidence and take screenshots of comments and images. Record date and times when harassment occurs.
- Instruct your child to “block” bullies or delete your child’s account and create a new one.
- Have your child stand up for victims of bullying. Ask them to let you know about any bullying.

More information and resources

If you have concerns:

- Talk with your child about it. When appropriate, talk to your child’s school.
- Don’t worry that you are going to give your child a new idea when bringing up suicide.
- Communicate that you love your child and are committed to his/her well-being.
- Report inappropriate behavior through law enforcement and at www.cybertipline.com

Additional resources:

- www.netsmartz.org
- www.safekids.com
- www.liahonaacademy.com/
- www.familyeducation.com
- www.safeteens.com
- www.isafe.org
What is social media?
Social media combines technology with social contact through the use of:
- social networking sites
- chat rooms
- blogging web sites
- video sites and video chats
- email and text messaging

Social media and suicide
Suicide is the second leading cause of death for persons ages 10-24 according to the Center for Disease Control (CDC). Many experts feel that social media is one of the reasons for the rise in depression and suicide among young people. Social media can:
- provide access to pro-suicide information
- expose teens to cyberbullying
- create feeling of isolation
- create peer pressure to die by suicide
- Idolize those who have completed suicide
- Facilitate suicide pacts

How do I talk with my child about social media?
- Talk openly with your kids. Decide what sites are okay to visit and define what can be shared online.
- Talk about what is being shared and how it is making them feel.
- Encourage your child to engage in the community and interact directly with people.
- Remind your child that once something goes on the internet, it can stay there forever. It can be copied, changed or shared without their knowing.
- Inappropriate photos may be illegal or a crime.
- Keep talking. Make online safety an ongoing topic.

What can I do to keep my child safe on social media?
- Set time limits to avoid technology overload.
- Limit the use of technology to the common areas of your home.
- Put all devices at a family charging station overnight.
- Get the passwords from your kids for all apps and services.
- Set up an account for yourself on the sites your child is active on. Insist that your child become your “friend” or part of your network.
- Learn about privacy settings that are available. Set parental controls on all devices.
- Check the browser history to learn what sites your child is using.