



Dealing with Cyber Bullying*

If your child is a victim of cyber bullying, you have options on how to deal and help your child through it.

1. Don't panic.
2. Do no harm – Make your child feel loved and safe but don't escalate the drama and make the situation worse.
3. Sleep on It: Knee-jerk reactions usually make situations worse. Get all the facts and then take time to review and let the drama die down.
4. Determine the level of the threat. Is it just mean comments? Then best ignore it; the sender may not have intended the comment to be hurtful.
5. If you deem the comments to be a true threat and potentially harmful, block the sender's phone number. You can also Google the sender's name to see if there is on-line attacks.
6. If the attacks escalate, contact the police or your school's resource officer.
7. Always let the principal of the school know what is happening.

For more information on stopping cyber-bullying, visit
www.stopcyberbullying.org and www.common sense media.org.