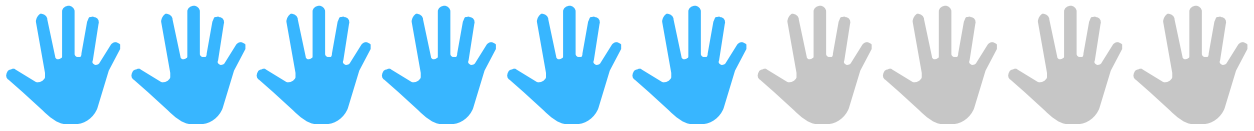




Macomb Care house

[HTTP://WWW.MCCAREHOUSE.ORG/](http://www.mccarehouse.org/)



*Did you know 57% of kids with cell phones have seen or experienced cyberbullying?*

## WHAT IS CYBERBULLYING?

A form of bullying, harassment or intimidation that is sent through electronic communication.

Can include, but are not limited to:

Online  
catfishing/impersonation

Spreading lies/rumors  
online

Sending hateful/harassing  
messages

Sending/posting picture  
without consent

Cyberstalking



# WHAT PARENTS CAN DO TO PREVENT CYBERBULLYING?



## 1) TALK TO YOUR KIDS ABOUT INTERNET SAFETY!

Ensure you know about the 4 major risks for children on the internet:

**Content Risk:** Could my kids see something upsetting or inappropriate on the website? Block it!

**Contact Risk:** Make sure you understand who your child is talking to online. Have your child bring their device to you if they receive a message from someone unknown!

**Conduct Risk:** Ensure your child knows how to act online. Before they send a message, how would they feel if they received it? The Golden Rule is still applicable online!

**Contract Risk:** The child may accidentally sign up for something, such as data collection. Make sure your child knows whether they should discuss with you before signing up for things.

## 2) PRIVATIZE YOUR CHILD'S SOCIAL MEDIA ACCOUNTS!

Some social media platforms allow the user to make their accounts private, this ensures only those that they know and trust can view and send messages. Here are a few links to help!



### 3) LEARN COMMON ACRONYMS USED BY KIDS AND TEENS ALIKE!

Here is a [\*list with plenty of abbreviations\*](#) as well as a couple below to get you started.

NGL: NOT GONNA LIE

STFU: SHUT THE  
\*\*\*\*\* UP

BYOB: BRING YOUR  
OWN BEER

GTG/G2G: GOT TO GO

BFD: BIG FREAKING DEAL

W/E: WHATEVER

WYSIWYG: WHAT YOU  
SEE IS WHAT YOU GET

TW: TRIGGER WARNING

NSFW: NOT SAFE FOR  
WORK

## 4) NEVER BLAME YOUR CHILD IF THEY ARE GETTING CYBERBULLIED!

Some kids do not tell their parents about their cyberbullying because they are fearful that in doing so their phone or computer privileges will be taken away.

Ensure your child understands it is not their fault and that they will not be punished for the actions of someone else. First and foremost, make sure your child feels both safe and supported.

*If your child becomes withdrawn, anxious or depressed, seek a mental health professional for assistance.*

*[Click here to find a treatment facility near you.](#)*



# WHAT KIDS CAN DO TO STAY SAFE?



## 1) IF YOU ARE GETTING BULLIED ONLINE, BLOCK THEM!

One of the easiest things a person can do that will stop the bullying is to block the bully! They will not have access to you online anymore.

If you block them and they continue to find ways to bully you, talk with your parents or a trusted adult!



Free Msg: Unable to send message - Message Blocking is active.

## 2) DON'T ENCOURAGE THE BULLYING BY PASSING THE MESSAGES ON!

If you see messages about someone else being bullied, never encourage it by joining in on the bullying, even if you think it is a joke. The other person may not take it as a joke!

Remember, would you want to receive this message? If you wouldn't, then don't post it!





### 3) STAY CYBER-SAFE!

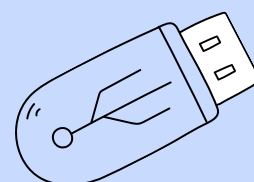
The internet is a big place! Remember that anytime you go online, hundreds of thousands of people could possibly see your posts, and not all of them are friendly.

Don't share internet passwords with people without your parents approval.






Tell your parents what you do online! They don't want to get into your privacy, they just want to make sure you're safe.

Never post your own or your friends personal information online! (Address, email, credit cards, Social Security Number, etc.)

Never meet face-to-face with strangers you find online! You never know who they really are.



## EXTRA LINKS TO ENSURE YOU CHILD IS KEPT SAFE FROM CYBERBULLYING!

-  Describes how and who to report cyberbullying to
-  Report sextortion or child sexual abuse to law enforcement
-  YouTube video with extra tips on how to stop cyberbullying
-  Tips for online gaming safety
-  In-depth guide for parents, caregivers and kids on preventing cyberbullying

Visit [nationalchildrensalliance.org](https://nationalchildrensalliance.org) for additional information for both the adults and the children who have been cyberbullied.