

Cyberspace Bullying

No One deserves to be bullied.

Is Your Child Being Bullied in Cyberspace?

Cyberbullying is the use of technology to harass, hurt, embarrass, humiliate, or intimidate another person. Social media has enabled children to use social networking sites to bully other children. Embarrassing pictures, private messages, and hateful or threatening messages can be posted on these sites.

Your 3-step plan to protect your children from cyberbullying

1. Raise the topic of cyberbullying with your children.
2. Set cyber safety rules.

Don't do or say anything online that you wouldn't do or say in person. Don't reveal anything you wouldn't tell a stranger. Never give out any personal information, such as a phone number or address. Never share too many personal details or any computer passwords.

3. Know what your children are doing online.

The Damaging Effects on the Victim

The stress from being bullied can create problems for children at school. Students may be fearful of attending school, riding the bus, using the bathroom or being alone in the hallway. This fear can make it difficult for the child to focus and engage in the classroom. Bullying can cause children to experience: fear, depression, loneliness, anxiety, low self-esteem, physical illness, and in some cases, even suicidal thoughts. *Take bullying seriously.*

Empathetic children are *not* bullies. Teach your children to be empathetic and caring. *Prevent bullying.*

Visit the following websites for more information:

www.pacer.org/bullying

www.stopbullyingspeakup.com

www.wiredsafety.org

www.stopbullying.gov

www.glsen.org/article/safe-schools-improvement-act-s-311hr-2902

Families are Magic

[**FAM** RICHMOND.ORG]

