Online Bullying Prevention Tips for Parents

1. Encourage your child to talk about their time online

- Have meaningful conversations with your child so they know they can openly share when incidents occur.

- When your child tells you something about their online experience don't shrug off the incident. Try not to overreact making it feel like the child's fault.

2. Monitor your child's online activity

Make sure you know the apps and websites your child is accessing. The more you know about the sites your child is using, the better you can advise on ways to keep them safe.

3. Use parental controls

Use parental controls on the sites your child frequents when you feel it is necessary.

4. Build a sense of trust with your child

Explain existing rules around internet usage and let them add their input. When youth feel they have input on the rules, they are more likely to respect them and follow them.[1]

5. Don't threaten to take away a child's technology

Instead of taking the technology away, have a conversation about the unfavorable behavior. Threatening to take away their technology will only make children want to be more secretive.

6. Don't underreact to your child being bullied

- Bullying is something that can have lasting effects on your child. Make sure to take every thing your child says seriously, even if it may seem small to you.[2]

- Respond when you are calm and avoid reactions when emotions are interfering with judgement.

7. Encourage your child to do what they love outside of technology

Encourage your child to do what they love away from a screen. Music, sports and other hobbies are great ways to connect with friends and family offline.

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[1] Fitzgerald, P. (2010, November 04). How to Stop Cyberbullying: 18 Tips for Parents and Kids. Retrieved September 11, 2020, from **https://www.parents.com/kids/problems/bullying/18-tips-to-stop-cyberbullying/**

[2] Assistant Secretary for Public Affairs (ASPA). (2019, December 05). How to Prevent Bullying. Retrieved September 11, 2020, from **https://www.stopbullying.gov/prevention/how-to-prevent-bullying**

For additional resources, visit Facebook's Bullying Prevention Hub at **www.facebook.com/safety/bullying**.

INTERNATIONAL BULLYING PREVENTION ASSOCIATION

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