



Cyberbullying

Communication, Recognition, and Action Steps

1 **Talk** to your children about cyberbullying and **teach** them to:

- Report offensive or hurtful comments to you immediately, whether they are the target or not.
- Be careful what they say, send, post, or blog about someone else - unintentional bullying is still bullying.

! Communication and trust are critical in cyberbullying situations. Start internet safety conversations early.

2 **Recognize** signs of cyberbullying:

- Anger, depression, or frustration after using any devices.
- Stops using devices unexpectedly.
- Stops accessing social media sites, apps, or games.
- Uneasy about going to school.
- Abnormally withdrawn from usual friends and family members.

3 Help your children to **TAKE ACTION:**

- Save the texts/posts/emails.
- Don't reply to them and don't delete them.
- Report the ID online and Block the user from further interaction
- Inform schools and authorities about the situation