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## **A Parent's Guide to Cyberbullying**

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Download the Crimestoppers Safe School App to report anonymous tips

Most social media sites allow teens 13 years or older to be on their sites.

Follow your child on the social media sites account. Check their pages and DMs frequently.

Have open and honest dialogue with your children.

Playstations, computers, etc., should be in the open area of your home.

If your child is being cyberbullied by another student, follow the guidelines of your child's school to help resolve the issue. PLEASE do not tell your child to ignore the bullying.

Limit your child's time on social media, Internet games, etc.



# WARNING SIGNS



## How to know if your child is being cyberbullied

- Student deletes social media accounts and creates new ones
- Noticeable increases or decreases in wanting to be online
- Student is **OVERLY** emotional (laughter, sad, depressed, etc.)
- Student may become over protective of their screen when others are around
- Student will avoid conversations about what they are doing on their screens
- Student may avoid **ALL** social activities even the ones they once enjoyed
- Student could become distant and not want to engage in activities or be around people

*\*This information was provided by [www.americanspcc.org](http://www.americanspcc.org)\**



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