



How do protect my child from cyberbullying?

Cyberbullying is bullying that takes place electronically via cell phones, computers, iPads, social media sites, text messaging or instant chats. It can follow your child home from school and happen any time of the day, any day of the week.

Cyberbullies can be anonymous and are often very difficult to trace. Technology allows content to be quickly shared and can live on someone's computer or cell phone long after it has been deleted. Even if the offensive content is deleted, the damage has been done.

To ensure your child's online safety:

- **Educate yourself about technology.** Take a class, or learn from a more experienced friend.
- **Keep the family computer in an open, visible area of the house.** Take time to talk to your child about what he or she is doing online to ensure that he or she is making good choices. Your child should not be connected to anyone whom he or she does not know offline. Let your child know that it is never OK to share personal information with strangers or share passwords with anyone.
- **Talk to your child about appropriate and inappropriate use of technology.** Check your child's browsing history frequently and let your child know that you are aware of what he or she is doing online.

For more information, visit stopbullying.gov/cyberbullying.