TECH TIP #3: CYBERBULLYING – IS YOUR CHILD INVOLVED?

Cyberbullying: Is Your Child Involved?
Even kind, well-adjusted kids can get pulled into online drama. And when group chats or gaming get heated, things can spiral fast.

A parent recently asked:
"My son's friend was bullied online last year. How do I make sure my kid doesn't get caught up in something like that?"

Great question. Let's break it down.

Red Flags for Cyberbullying
Cyberbullying isn't always obvious. It can show up as:

- Harassment - cruel messages, threats, or taunts
- Exclusion - being purposely left out of chats or games
- Impersonation - pretending to be someone else to cause harm
- Cyberstalking - constant online tracking or intimidation

Watch for signs like:

- Hiding their screen when you walk in
- Mood swings or sudden withdrawal from friends or school
- Avoiding apps or games they once loved
- Seeming anxious, angry, or sad after being online
- Changing friend groups

What Parents Can Do

- Start with curiosity, not judgment. Try: *"What would you do if a friend was being picked on in a group chat?"*
- Set clear digital guardrails. Use tools like parental controls, but don't stop there. Stay engaged.
- Make a plan together:
  - Take screenshots
  - Block/report the person
  - Tell a trusted adult
  - Don't retaliate
  - Don't delete the evidence

Teach Them to Be an Upstander
An ***upstander*** is someone who takes action to stop bullying, instead of silently watching (that's a "bystander"). Instead of watching in silence, your child can:

- Send support privately to the person being targeted
- Speak up safely in the group
- Report what's happening to a trusted adult

💬 Family Conversation Starter

If you were being bullied or wanted help being an upstander, who are 2 trusted adults you could go to for help? (parents, relatives, coach, teacher, religious leader, etc)

Learn more about cyberbullying prevention by clicking the button below

stopbullying.gov/cyberbullying/prevention

Click here to read previous newsletters
https://www.centerforonlinesafety.com/tech-tips

Questions or topic suggestions? Email us at info@centerforonlinesafety.com

Center for Online Safety