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

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**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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