

# PROTECT YOUR CHILDREN FROM Cyber Bullying



## What is Cyber Bullying?

Cyberbullying is when someone (usually a child or teen) becomes a target of actions by others – using computers, cellphones or other devices – that are intended to embarrass, humiliate, torment, threaten or harass. It can start as early as age eight or nine, but the majority of cyberbullying takes place in the teenage years.

## Warning Signs

- Your child suddenly stops using their mobile device or computer.
- They appear upset, withdrawn or angry after going online or receiving emails, instant messages or text messages.
- They become withdrawn from friends and family.
- They appear more secretive and avoid talking about the things they are doing online.
- They are reluctant to leave the house or frequently ask to stay home from school.
- They appear unusually sad, frustrated, impatient or angry.
- They are having trouble sleeping, or show less interest in eating.

## What **To Do** If Your Child Is Being Cyberbullied

- Talk with your child about cyberbullying.
- Tell your children not to respond to any cyberbullying threats or comments online.
- Document the cyberbullying by keeping a record of any online cyberbullying activity.
- Report the cyberbullying to your internet and mobile service provider.
- Report any abusive content on your child's social networking sites to the provider (e.g. Snapchat, Twitter, and Facebook).
- Report the cyberbullying to your child's school.
- Report the cyberbullying to the RCMP, especially if there are threats of violence or sexual harassment.

## What **NOT To Do** If Your Child Is Being Cyberbullied

- Do not tell your child to "just ignore it".
- Do not blame your child for being cyberbullied.
- Do not criticize them for not coming to you earlier, or for how they've handled things.
- Do not tell your child to retaliate. If your child begins responding, it may escalate the situation and spur on the person doing the cyberbullying.
- Do not contact the parent of the child that is cyberbullying (unless they are already a well-known neighbour or friend). This often makes things worse, it is better to report it to a third party (e.g., school, RCMP) who can help.

## Where Can I Get More Information About Cyberbullying

There are many online resources available for parents and their children. To learn more about cyberbullying and how to help please visit [www.getcybersafe.ca](http://www.getcybersafe.ca). Kids can call the Kids Help Phone **1-800-668-6868**.

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