

SIGNS YOUR CHILD IS A VICTIM

LOOK OUT FOR:

LOWER GRADES
LESS INVOLVEMENT IN ACTIVITIES

USE OF ALCOHOL AND DRUGS
DEPRESSION, LOW SELF-ESTEEM, LOW SELF-WORTH

CHANGES IN SLEEPING AND EATING PATTERNS
EXTREME EMOTIONS, ACTING VIOLENTLY, SUICIDE ATTEMPTS

WHAT TO DO IF YOUR CHILD IS ALREADY A VICTIM

1. TALK TO YOUR CHILD

- Make sure the conversation is taken offline. Warn them about responding in the heat of the moment
- See if they know who the cyberbully could be if they are anonymous. Consider if this could be related to an offline bullying situation

2. RESTRICT CONTACT

- Consider restricting communications to an approved list, such as those on your child's contact list
- If the cyberbully is someone on their contact list, remove them from the list and/or block them

3. GOOGLE YOUR CHILD

- Make sure the cyberbully isn't posting attacks online. When you get an early warning of a cyberbullying campaign, keep an eye on your child's screen name, nicknames, full name, address, cell numbers and websites
- Set up an "alert" on Google to notify you of posts

4. WARN OR BLOCK

- Someone who seems nasty or makes your child uncomfortable, and ignores them when they ask them to stop, should be blocked
- If the cyberbully uses another screen name to avoid the block, manages to get around the block or communicates through others, formally warn them
- A warning will create a record of the incident

5. REPORT TO THE ISP

- Most cyberbullying breaches the ISP's terms of service (TOS). Many ISPs will close a cyberbully's account, (which may also close their parents' account). You should report this to the sender's ISP
- If your child's account has been hacked or their password compromised, or if someone is posing as your child, you should also report to your own ISP

6. REPORT TO POLICE

- Report to Police if cyberbullying involves physical threats, posting details about your child's offline contact information or sexually explicit images
- If you feel your child is in danger, ensure you take screen shots and print out any materials that may assist, then contact the Police immediately and stay offline until you are otherwise instructed
- Do not install or remove any programs or take other remedial action on their device during this process



IT'S NOT OK.

PREVENT CYBERBULLYING

1. EDUCATE

- Teach them to never post or say anything online that they wouldn't feel comfortable having a grandparent see
- Tell your child to trust adults; only 8% of kids that have been cyberbullied have told their parents
- Reassure your child that you won't ban technology if he or she makes a mistake; this is the reason why most children don't confide in adults
- Be aware your child may also be acting as the cyberbully, either knowingly, or by simply thinking they are having fun
- Teach your child positive ways to manage stress. He or she may be using cyberbullying as an attempt at relieving stress

2. ACT

- Watch for signs that your child is being bullied online i.e. a reluctance to use the computer or go to school
- Report cyberbullying to your Internet or cellphone service provider as soon as you can
- Keep all offending photos, messages, or screenshots. Most companies should be able to respond to reports of cyberbullying over their networks, or help you track down the appropriate service provider
- Report incidents of online harassment and physical threats to Police

3. PRIVACY

- Tell your kids they must keep details like credit card information and passwords secret, even from their best friends
- Make sure they understand that NOTHING is private once it is on the Internet, even though it may have been a private conversation

4. BE AWARE

- Get familiar with the sites that your kids visit, how often, and what they are doing on those sites
- Install parent control filtering software or monitoring programs to monitor online behaviours
- Ask for a list of your child's passwords, and reassure them that you will only use them in an emergency
- Let your kids know that you would like to 'follow' or 'friend' them, or ask if another trusted adult can do the same

5. SEXUAL IMAGES

- Tell your kids that if they take an intimate picture of themselves or other kids and send or post it this is considered to be child pornography and it's ILLEGAL. They must NEVER do this
- Be sure they know that these images can turn up anywhere once they are online (including images sent via text or on instant Apps like Snapchat)
- All it takes is for one person to decide to share the image, and their intimate details will be shared with potentially millions
- If you need to take an image down, this is a good link to read: http://needhelpnow.ca/app/en/removing_pictures

6. SET RULES

- Set limits with technology and let your child know you'll be monitoring his or her use of computers, tablets, smartphones, email, and text messaging
- Place a daily time limit on its use
- Make sure your child understands your rules and the consequences if they are broken
- Your child will not think they need discipline, but they do need boundaries that are enforced