Cyber Bullying

Cyberbullying takes place over digital devices like cell phones, computers, and tablets.

Signs you might notice in your child:

- Wants to skip school and avoids activities
- Avoids discussing online behavior
- Secretive and nervous about cell phones and computers

ONLINE SAFETY TIPS FOR FAMILIES

- Model balancing screen time
- Create technology free times
- Make rules about gadget use that apply to the whole family
- Help your child when they run into trouble, so they can go on to help a friend
- Communicate Constantly: talk it out!

EMPATHY

"Everyone you meet is fighting a battle you know nothing about. Be kind."

For more information, please visit:
stopbullying.gov

CENTER FOR A NON VIOLENT COMMUNITY

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24-Hour Crisis Line: 1-800-4766
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2018

Understanding Bullying

How adults can help

CENTER FOR A NON VIOLENT COMMUNITY

What is bullying?

It occures when a person is exposed repeatedly and over time to negative actions on the part of one or more people.

It is victimization – **NOT** conflict.
It is about **power** and **humiliation.**

- **Children affected by bullying are more likely to suffer from anxiety and depression.**
- **Bullying behavior can often carry patterns of aggression into adulthood.**

How you can help

Listen to children and take them seriously when they tell you about being bullied.

Show empathy.

Ask the child what will help.

Encourage kind, non-violent responses.

Work with the child's teacher to find ways to protct them and make sure the bullying stops.

Seek out the school counselor if your child shows stress.

Build Resilience!

Kids that can bounce back!

- **Help your child develop their talents and positive attributes**
- **Encourage them to build meaningful relationships with peers and safe adults**
- **Teach kids safety strategies**
- **Create a safe and loving home environment**
- **Model and maintain open communication**