

## **Ten Tips: Parents Cyber-Bullying Preemption**

1. Consider installing filtering and blocking software, but understand clearly that proactive parents are the only real deterrent and the best resource for bullying preemption.
2. Keep your home computer(s) in easily viewable places, such as a family room or kitchen.
3. Model the behavior you want to see in your child
4. Talk regularly with your child about on-line activities he or she is involved in.
5. Set firm guidelines for cell phone use and monitor that behavior.
6. Talk specifically about cyber-bullying. Explain that that it is harmful and unacceptable behavior.
7. Outline your expectations for responsible online behavior and clearly explain the consequences for inappropriate behavior.
8. Encourage your child to tell you immediately if he or she is a victim of cyber-bullying. Tell your child does not respond to the bully.
9. Stay calm. Plan in advance how you will calmly receive the news that your child is being bullied and the solution steps you will take. You will want the evidence. Tell your child to save the bullying messages or photo.
10. Call your child's school; ask the principal what measurable, bullying preemption, activity-based programs they have in place today. Offer to serve on the group that expands the school's behavior policy to include cyber bullying behavior that disrupts the schools teaching and learning environment. Ask about results.