

Putting a Stop to Cyberbullying

For Parents

Youth are relying on online platforms to communicate now more than ever.

Here are some tips to ensure your child is utilizing technology safely.

Signs your child may be a victim of cyberbullying

- Unexpectedly stops using their device(s)
- Appears nervous/uneasy about being at school or outside
- Appears to be angry, depressed or frustrated after texting, chatting, using social media or gaming
- Becomes abnormally withdrawn
- Avoids discussions about their activities online

Signs your child may be engaging in cyberbullying

- Quickly switches screens or hides their device
- Uses their device(s) at all hours of the night
- Gets unusually upset if they cannot use their device(s)
- Avoids discussions about what they are doing online
- Seems to be using multiple online accounts, or an account that is not their own

(Cyberbullying Research Center, 2020)



Tips to prevent unsafe online activity

- Be aware of the apps your child uses.
- Utilize safety features on phones to block adult content or specific sites.
- Keep computer in a common area.
- Don't allow teen to take their phone to bed.
- Follow or friend your child on social media platforms to have access to what they are posting.

Ways to talk about online safety with your teen

- Talk about their online reputation.
- Show you trust them.
- Encourage them to keep their online information private.
- Ensure that they know they can come to you with any concerns.

(Internet Matters, 2020)



If you have concerns about your teen’s online usage and suspect they may be involved in cyberbullying or participating in inappropriate online content:

- Stay calm and listen to your teen.
- Set boundaries while giving them space.
- Set up expectations and make them clear to your teen (write them down if needed).
- Be available for future conversations about any concerns or issues your teen might have.
- Be sure to avoid angry confrontation—this might keep them from talking with you in the future!



It’s okay to not know how to handle these situations. Mental health professionals are here to provide support.

For referral to mental health services, contact your local Cuyahoga County ADAMHS Board at 216.241.3400.

Free Parent Resources for Online Safety

Cyberbullying Research Center: Includes free activities, education and conversation prompts for the topic of cyberbullying.

Common Sense Media: Tips for all age groups, social media platform guides and evidence-based online safety curriculum.

Internet Safety 101: Provides information on online gaming, cyber protection, prevention of online predators and more.