What Parents Can Do!

Cyber Bullying
* Monitor your child’s online photos
* Have an open conversation with your child about cyber bullying and how it is okay to tell someone about situations that may be uncomfortable.
* Set up online limits and stick to them.
* Teach kids to be open about situations that may come up when using any type of electronic devices.

Social Networking
* Always have an idea of where your child goes to socialize on the internet.
* Become aware of where, what topics and with whom your children are talking with online.
* Set curfews for using the internet.
* Place the computer in a shared space where it can be monitored.

Bullying Prevention
http://www.bullyingstatistics.org
http://www.stopbullying.gov
http://www.internetsafety101.org
http://www.virtualmedicalcentre.com

Suicide Prevention
Crisis Hotlines
Available 24 Hours a Day, 7 Days a Week
If you are concerned about yourself or about somebody else
Maine Crisis Hotline
1-888-568-1112
If you are not in Maine, call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- OR –
Chat with a crisis counselor online:
Lifeline Crisis Chat
www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx
- OR VIA TEXT-
National Alliance on Mental Health
Free and Quick Text Support 24/7
Text NAMI to 741741

Cyber Bulling and Social Networking, A Guide for Parents

Be Informed!
What types of cyberbullying are there?
How do you prevent your children from experiencing these threats?
Where can you turn with questions?
| Cyber Bullying What is it? Bullying that takes place using any type of electronic technology. Cyber bullying can happen by using many different devices: • Cell Phones • Computers • Tablets • Communication Tools Communication Tools can include: • Social media sites, text messages, chat, and video game console. |
| Social Networking What is it? The use of a dedicated website to communicate informally with other members of the site. Some Popular Social Networking Sites: * Instagram * Facebook * Twitter * Google+ * Snapchat There are many more social networking sites that are out there. |
| Statistics Cyber Bullying Statistics * Over 80 percent of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyber bullying. * About half of young people have experienced some form of cyber bullying, and 10 to 20 percent experience it regularly. * Cyber bullying victims are more likely to have low self esteem and to consider suicide. Social Networking Statistics * 15% of Americans have never checked their social networking privacy and security account settings. * 69% of social media-using teens think that peers are mostly kind to each other on social networking sites, however, 88% of teens have seen someone be mean or cruel to another person on a social networking site. * In 26% of online sex crimes against minors, offenders disseminated information and/or pictures of the victim through the victim's personal social networking site. |