

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.

Resources

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 Bullying 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+
- *Snap Chat

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.