



### Did you know that October is National Bullying Prevention Month?

With guidance from parents and educators, kids can learn how to dodge the online drama and stand up for others.

Model how students can connect positively online, treat others respectfully, and create a culture of kindness.

#### Keep Private Things Private

Don't Share Personal Information

- \* passwords
- \* birthdate
- \* home address
- \* inappropriate images
- \* gossip.

**What to do if you become a target of online harassment.**

#### 5 Tips about Cyberbullying

1. don't respond or retaliate
1. block the bully
2. save the evidence
3. report it
4. tell a trusted adult

## Eiber Elementary October - Cyber Bullying We are Kind and Courageous

We are learning about Digital Citizenship learning related to **Cyberbullying, Digital Drama & Hate Speech**. Unfortunately, many students will encounter mean behavior at some point in their digital lives. Some of these experiences are easily forgotten, while others can have deep, long-lasting effects. For families, the key is staying involved in your children's lives -- both in the physical and online worlds -- so you can step in and offer help if necessary. This month, you can help your child (ren) learn how to avoid the drama and stand up for others:

### Grades K-5 Family Tips

- ◆ **Define Your Terms** - Make sure kids understand what cyberbullying is: repeated and unwanted mean or hurtful words or behavior that occur online (through texts, social media posts, online chat, etc.).
- ◆ **Check in about online life** - Stay on top of their online life. Who are they chatting with? How do people treat each other in the games and on the sites they're using?
- ◆ **Role-play** - If kids feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use, ways they can steer conversations in positive directions, etc.
- ◆ **Encourage Upstanding**- Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important, too.
- ◆ **Take Breaks** - If you notice your kid getting pulled into digital drama, help them take a break. It's great if they can determine for themselves when they need to step back, but they might need some help setting limits. Putting devices to bed at a specific time, plus breaks for mealtimes and face-to-face connection, can help kids recharge.
- ◆ **Review worst-case steps** - Walk through what to do if your kid is being bullied online. First, step away. Ignoring a bully can be very effective. If the bullying continues, take screenshots or print out evidence. Then block the person. If it gets worse, report the behavior to a trusted adult. Talk about who those people are and make sure your kid has their contact information.

#### Family Resources

[www.common sense media.org/cyberbullying](http://www.common sense media.org/cyberbullying)

[www.jeffcopublicschools.org/academics/curriculum/](http://www.jeffcopublicschools.org/academics/curriculum/)

[technology\\_in\\_the\\_classroom/digital\\_wellness/cyberbullying](http://www.jeffcopublicschools.org/academics/curriculum/technology_in_the_classroom/digital_wellness/cyberbullying)