

## **PREVENT ELECTRONIC BULLYING**

### **IF YOU ARE A STUDENT...**

- Don't respond if someone is bullying you or your friends electronically – tell your parent, an adult at school, or a person you trust.
- Tell an adult if you receive messages that make you feel uncomfortable, are cruel, or are designed to hurt you or someone else.
- Don't share information online that could be embarrassing.
- Don't share personal information, such as your name, age, address, or phone number.

### **IF YOU ARE A PARENT...**

- Save or print inappropriate messages and pictures your child shares with you – they are evidence and important to any action you take in the future.
- Contact your Internet service provider and file a complaint if you receive messages or images that you think violate the Terms and Conditions of your contract.
- Contact the school if your child is being bullied, harassed, or intimidated online by another student.
- If your child is accused of cyberbullying, seek help from your Internet provider, your school and, if indicated, professional counseling.
- Contact the police if your child receives violent threats or pornography over the Internet.
- Contact the police if your child receives obscene or harassing phone calls or text messages.
- All Washington schools are required by law to have a cyberbullying policy – become familiar with your school's policy.
- Consider using filters that block inappropriate Internet sites.

### **GOOD RESOURCES ON THE INTERNET**

- ✓ <http://www.netsmartz.org>
- ✓ <http://www.ncpc.org/cyberbullying>
- ✓ <http://www.isafe.org>
- ✓ <http://wiredsafety.org>
- ✓ <http://www.GetNetWise.org>
- ✓ <http://safely.yahoo.com>
- ✓ <http://www.theinternetandyourchild.org>

## **TIPS FOR SAFE SURFING**

# **CYBER SAFETY**



### **A GUIDE FOR PARENTS AND TEENS**



Prepared by:  
Office of Superintendent of Public Instruction  
Washington State School Safety Center

<http://www.k12.wa.us/SafetyCenter/>