

Parent Guide: Help Stop Cyberbullying



Talk to your kids about following the ‘Golden Rule’ online.

Following the Golden Rule—treat others how you want to be treated—is just as important in the digital world as it is in the physical world. Have regular conversations with your kids about having positive online interactions and ask them to share with you if they feel threatened or hurt by someone online.



Reinforce good digital behavior.

Maintaining a reputable online image, creating an inclusive space where everyone feels welcome and blocking accounts that are creating a negative experience are just some of the actions that can lead to a better digital environment for all users. Help your kids understand how words and actions can make a positive impact, rather than a negative one, by promoting examples of good digital behavior.



Report cyberbullies and online harassment.

Help stop cyberbullying by encouraging your kids to recognize when someone is being bullied and report the bully on the platform where the behavior is happening. If your kid is the target of cyberbullying, encourage them to talk to you and work together to save evidence and report the incident. Make sure your child understands that retaliation or responding in kind can make the situation worse.



Be a good digital role model for your kids.

Helping your kids learn to engage in the online world thoughtfully and consciously can start with setting a good example through your own online interactions. Be a good digital role model and encourage all family members to promote kindness online.