

What can I tell my kid to do if he or she is being cyberbullied?

Kids may not always recognize teasing as bullying. Some kids also may be too embarrassed or ashamed to talk to their parents about it. That's why it's important to talk about **online and digital behavior** before your child starts interacting with others online and with devices. To prepare your kid for going online or getting a cell phone, or, if you know he or she has been bullied online, offer these steps he or she can take immediately:

Communicate appropriately. Use the right language for your audience. You might write or speak to a teacher differently from a friend. And never use all caps!

Keep private things private. Don't share personal information, including passwords, your home address, inappropriate images, and gossip.

Respect others. Be courteous. Disagree politely.

Don't lie, steal, or cheat. Don't try to deceive others. Remember to give credit where credit is due. And, although it's easy to copy others' work, download things without permission, or use game cheat codes, don't do it.

Be an "upstander." If someone you know is being targeted by a bully, stand up for that person. You would want him or her to do the same for you.

Report misbehavior. The Internet is a giant community, and you can help it be a nice place.

Follow your family's rules. If your parent tells you to avoid certain websites or to stop texting after a certain time, listen. The more you act responsibly, the more privileges you'll get.

Think before you post, text, or share. Consider how you and others might feel after you've posted something. It's not always easy to take back what you've said online, and your online behavior can create a lasting footprint.