Healthy Relationships
Navigating Cyberbullying and Cyberviolence Webinar

1. Promote open and supportive communication.

2. Learn about social media apps together.

3. Set boundaries and rules.

4. Encourage privacy and safety by
   - reviewing the social media apps' privacy and safety settings with your child
   - using passwords with numbers, capitals and symbols and considering the use of a phrase
   - keeping passwords private and changing your passwords often
   - avoiding the posting of personal information
   - turning off location settings and encouraging your children not to use geotags.

5. Foster digital leadership and citizenship by encouraging your child to
   - highlight talents, skills and attributes to create a positive online brand
   - match online profiles and interactions with values
   - practise online etiquette
   - support those who are experiencing cyberbullying (be an upstander).

6. Remind your child to **THINK** before posting: Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind?

7. Encourage your child to reach out for support if they see negative behaviour online.

8. Develop an online safety agreement together.

RESOURCES

- Kids Help Phone: **Online Safety: Tips for Caring Adults**
- PREVNet: **What Parents Need To Know about Cyberbullying**
- Media Smarts: Canada's Centre for Digital and Media Literacy: **mediasmarts.ca/parents**
- BOOST Child and Youth Advocacy Centre: **Prevention Tips for Parents/Guardians**
- Canadian Centre For Child Protection: **ProtectKidsOnline.ca**, **NeedHelpNow.ca**, **Cybertip.ca**
- RCMP: **Centre For Youth Crime Prevention**
- **Ontario Victim Services**

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