



# How to Help Your Child Respond to Cyberbullying

As a parent, discovering your child is being cyberbullied can be overwhelming. Here's what you can do to support them and help stop the bullying:



**Encourage Open Communication:** Let your child know they can talk to you about anything, including cyberbullying. Make sure they understand that telling you isn't tattling—it's about staying safe.



**Advise Them to Ignore the Bully:** If it's an isolated incident, remind your child that sometimes ignoring the bully can make them lose interest. Cyberbullies often thrive on reactions.



**Reinforce That Retaliation Isn't the Answer:** Encourage your child not to respond aggressively. Retaliating can escalate the situation and lead to further problems.



**Document Everything:** Teach your child to save evidence of the bullying. Screenshots, messages, and posts can be crucial when seeking help from schools or authorities.



**Block and Report:** Show your child how to block the bully on social media, apps, or games. Help them report the behavior to the platform if necessary.



**Work with the School:** If the bully attends the same school, reach out to teachers or administrators. Most schools have policies for handling cyberbullying.



**Involve the Police When Necessary:** If the bullying includes threats, stalking, or blackmail, contact the police. Most states have laws against these actions, and law enforcement can help.

Remember, your support and involvement are key in helping your child navigate and overcome cyberbullying. Make sure they feel safe, heard, and empowered to handle the situation.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



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Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges.