



let's start the conversation.

Center for Prevention of Abuse and Bartonville Grade School have been working in partnership to provide your child with Bullying Prevention programming this school year. During the COVID-19 pandemic, children are finding themselves behind a computer screen not only for entertainment, but educational purposes as well. This can lead to children feeling more vulnerable to those wishing to create online conflict with others.

The effects of cyberbullying can often be more harmful than face-to-face bullying because it is more far-reaching, permanent, and the child has a hard time escaping it since technology is such a big part of our everyday lives.

Start the conversation with your child about the effects of cyberbullying and ways to keep themselves safe while online. Below are just a few strategies to keep in mind.

cyberBULLYing

- P** *Personal information* – keep it private
- A** *Act with kindness* – two wrongs don't make a right
- I** *Internet safety* – start the conversation about setting boundaries
- N** *Never open strange messages* – if it doesn't look or feel right or is from a stranger, don't respond
- S** *Set time AWAY from the screen* – make sure to schedule activities to "unplug"

For even more discussion starters, activities, and other resources, click on or scan the QR code below to access our free bullying prevention toolkits.



center for
prevention
of abuse.



Community Partner