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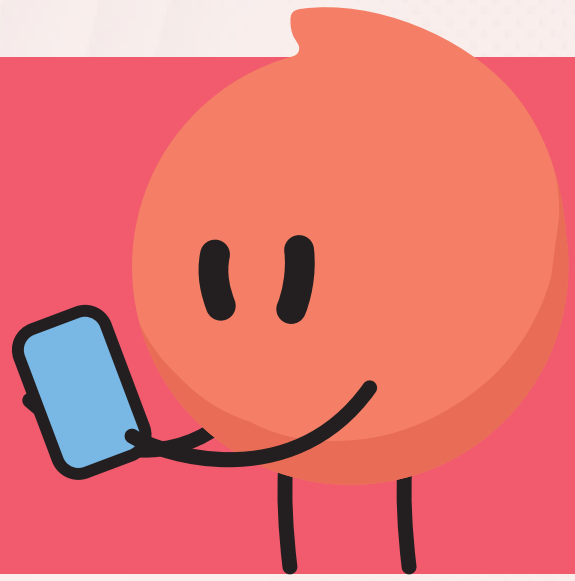
# *TIPS & TRICKS* to stop cyberbullying before it starts.



**Teach and expect empathy -** point it out, coach it when it's missing and model it yourself. Empathy is the greatest antidote to cyberbullying.

**Teach emotion management -** splashing big feelings online brings the haters. Calming down away from a device is a good habit in every family for everyone.

**Teach assertiveness -** cyberbullying often happens in friendship groups within privacy settings so teach your child to stick up for themselves confidently.

**Encourage help seeking -** cyberbullying is terrible – embarrassing in lots of cases so gentle, frequent reassurance about asking for help from a range of sources matters.

**Rally educators -** ask your school about their policy and if they're teaching children the skills to combat cyberbullying and to help seek.

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