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Internet Etiquette: Avoiding Cyber Bullying

Keeping up with technology is undeniably an arduous task for parents of adolescents. Smartphones, tablets and other pocket devices that have unlimited access to the internet and no rules, can inadvertently create a hormonal and impulsive monster.

Perceived online anonymity gives youth a voice and some courage to express themselves. But more often than not, the expressions are mean or hurtful. If they aren't bullying, then often they are being sexually inappropriate or using explicit language and racial slurs.

One way to curb this behavior is by monitoring your youth's online activities. They likely won't be happy about that but it is extremely important, particularly for younger adolescents. Young teens developmentally lack the capacity to control their impulses. Technology can amplify this and we often see good kids making bad choices when it comes to online behavior. Here are some ways you can set your kids up for success:

Tips for Success

- Set strong and clear boundaries with devices
- Discuss your expectations for good digital citizenship
- Follow through with logical consequences for failing to meet those expectations
- Model healthy behavior
- Keep the dialogue open and ongoing

If your Child is Being Cyber-Bullied:

- Do not erase or delete-
Take a Screen Shot
- Ignore the message-
Do not engage or say mean things back
- Get parents involved
- Get school involved!



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