



Cyberbullying.
Vaping.
Alcohol.
Anxiety.

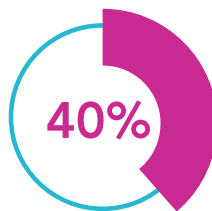
Talk About **It.**

Stress.
Resilience.
Empathy.
Purpose.

Talk To Your Kids About **Cyberbullying.**



Middle school, particularly **7th grade**, is proven to be a time when students experience bullying the most.



of **7th graders** in the Beach Cities reported experiencing harassment or bullying in the past 12 months.

Whatever "it" is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Your device, your rules. Talk to your kids about navigating social media and technology.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



For parenting resources, go to southbayfamiliesconnected.org

Tips to help your kid grow up in the digital age:

- Use a schedule to manage your kid's screen time. Limit it to 1-2 hours on school nights and 3-4 hours on weekends.
- Make dinner time a tech-free time to talk and invest in your family. Charge your kid's phone in your room at night.
- Review your kid's friends and followers. Make sure their account is set to private and only allow people to be in their network that have a face-to-face relationship with them.
- Talk to your kid about their online reputation and how bullying, sexting and other inappropriate behavior can have a long-lasting impact.
- Discuss how to deal with a cyberbully. Give them tools to handle rude or threatening messages to resolve it at their level, if appropriate.
- Make cyber safety an ongoing conversation and model good behavior on your own social networks.

Have the talk.

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Information sourced from:
California Healthy Kids Survey, 2017-18
Cyber Safety Cop (<http://www.cybersafetycop.com/Resources>)

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