



## **Ways to Empower Young People in the Digital World**

1. If your child is being cyber bullied online by someone at their school, youth group or summer camp, encourage them to **print out** the email, instant message conversations, or social networking site webpage. Once your child brings these papers to their school counselor, teacher or administrator, the school can take action to reprimand the bully. Without this “evidence” it can be difficult for schools to take appropriate action. Your child has every right to bring their problem to an authority figure, even if the cyber bullying isn’t happening at school.
2. If your child is being cyber bullied on a social networking site by someone they don’t know, encourage them to **save the conversations** and send them to the “report abuse” section of the website. Safe websites will make appropriate responses. In the meantime, encourage your student to **block the bully** from their friends list and discontinue conversations with that individual or party.
3. If you think your child is cyber bullying someone else, they might get defensive and feel unable to discuss this with you. **Teach them** about their brains, - literally: Online, they don’t receive emotional cues. It’s much easier for them to act impulsively online and misinterpret information because the brain doesn’t receive physical cues that it would normally receive in person. Talking to them like adults can empower them to better act like adults.
4. If your child has two friends that are cyber bullying each other, encourage your student to find out about **peer mediation** training at school. Peer mediation can be an effective way for your student to help their friends, provided one of the parties isn’t significantly more powerful than the other party.
5. Encourage your child **to keep a physical diary** of their online actions. A diary that is private from Google Searches. Let them record their thoughts, feelings and interactions they have on the Internet. This can empower them to take a moment to step away from the technology and reflect about their actions online.
6. Make sure your student understands that Cyber Bullying is a **legitimate problem**.
7. Encourage your child to educate their friends who might be involved. **Pass it along!**

***For more information, contact us:***

Debbie Heimowitz  
Debbie@adinasdeck.com  
(510)390-0569  
<http://www.adinasdeck.com>

Jason Azicri  
Talljas@gmail.com  
(305)926-1363  
<http://www.adinasdeck.com>