



## Mindsoother Therapy Center

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# DIGITAL CITIZENSHIP

Talk to your children about being good “digital citizens” & discuss the serious consequences of online bullying. If your child is the victim of cyberbullying, it is important to take action. Attend to children’s & teens’ mental health needs promptly if they are being bullied online & consider separating them from the social media platforms where bullying occurs.

We will be good digital citizens by:

- ✓ Not being rude or bullying anyone online
- ✓ Respecting the privacy of others
  - We will never forward a text or photo without asking for permission first
- ✓ Telling a parent or other trusted adult if we or others are being bullied, disrespected, attacked or treated badly online
- ✓ Telling a parent or trusted adult if we get messages or photos that make us uncomfortable
- ✓ Sticking up for others online

