

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***What to Do About Cyberbullying.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. The definition of cyberbullying – using tech devices to post things that hurt someone’s feelings or threaten someone.
2. Cyberbullying can happen through text messages, emails, chat rooms, social media.
3. People cyberbully others by posting embarrassing pictures, spreading lies/rumors, pretending to be your child online fooling your child into giving out personal information, sending threatening emails or texts.
4. Cyberbullying can happen anywhere, anytime, and by anyone. Cyberbullies continue because they can remain anonymous. They may even say worse things through tech media than they would in person.
5. Your child may think cyberbullying is their fault. It’s important that they don’t blame themselves.
6. Your child learned 6 ways to handle cyberbullying:
* Save the evidence – don’t erase
* Tell a trusted adult
* Report threats to teacher, principal, police
* Don’t respond or retaliate
* Protect yourself by not giving out personal

information

* Block the sender

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**