

Parent Resources for Cyber-Bullying

With Virginia students home and engaged in technology-enhanced learning, they may be spending more time online than usual. With increased screen time, parents may have concerns about their children's online activity. There may be fears of increased cyber-bullying and child exploitation. Parents need to be aware of the phone applications ("apps") installed and websites that their children use or visit. In addition, increased activity online may lead to students being bullied through social media.

The Virginia Department of Education (VDOE) has compiled resources to help parents navigate the social media and online world that their students may be exposed to during the COVID-19 pandemic. Parents are encouraged to monitor their student's social media presence and online activity and be aware of the sites they visit and with whom they are communicating.

General Information

[Data Prot: Cyberbullying Statistics 2020](#)

This resource offers data about the numbers of children and teens that are online and what types of online activities they are engaged in. It also provides data on cyberbullying and teens' reactions to it.

Parent Tips and Resources

[Mental Health America: Websites and Apps Parents Should be Aware of: A Cheat Sheet for Parents](#)

This resource offers information about websites and apps that parents should be aware of and what types of information they are sharing.

[Life Hack: 9 Apps and Websites Parent Should Know to Protect Their Kids' Online Security](#)

This resource highlights apps and websites that parents should be aware of and how parents can help protect their children's privacy and manage their children's use.

[The Today Show: How Parents Can Help Deal with Bullying](#)

This article discusses coronavirus bullying and that kids may continue to be bullied even with schools closed. It's important for children to be taught the harmful effects of bullying. This article offers guidance for parents about talking effectively with their children.

[StopBullying.Gov: Digital Awareness for Parents](#)

This resource provides information about the increased use of digital platforms by children and teens and some potential negative effects. It offers resources and suggestions for parents to monitor their children's online use and protect their safety.

[StompOutBullying: Parents Page](#)

This website offers information about the effects of bullying, populations that may be at risk for bullying, signs that your child is being bullied, and how parents can protect their children.

[Indiana Chapter of the National Alliance Center](#)

With every child at home because of COVID-19, bullying has become more threatening. This resource defines cyber-bullying and includes signs to look for in your child that they are being bullied or that they may be bullying others. Suggestions are given for what parents can do to help.

[Center for Cyber Safety and Education: Parent Tips](#)

This site provides safety tips to keep families safe and secure online. Detailed information is provided for online gaming, cyberbullying, social media, and safe shopping, as well as overall tips to be safe online.

[U.S. Immigration and Customs Enforcement: Cyber Crimes Resources](#)

Homeland Security Investigations (HSI) Child Exploitation Investigations Unit wants you to know how to prevent and report instances of child exploitation. Our partners at the National Center for Missing & Exploited Children have created the [NetSmartz educational outreach program](#) to provide timely and useful information about how to stay safe online.

[Internet Safety 101: Trafficking](#)

Traffickers are using the Internet as a way to target unsuspecting and vulnerable youth for their own personal financial gain, as targets are seen as none other than a dollar sign. This resource provides information about the tactics that predators use to lure children and teens and how parents can protect their children.