Talk About **It.**

Cyberbullying. 
Vaping. 
Alcohol. 
Anxiety. 
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. 40% 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.
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)