



### ONLINE AND ON GUARD: IS IT CYBERBULLYING?



Cyberbullying can happen to anyone. You've probably heard of examples of people being mean to each other through electronic technology such as Facebook, Snapchat or Instagram.

Bullying, as described by [stopbullying.gov](http://stopbullying.gov), is "unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time." Cyberbullying is using social media and other electronic means to make threats, spread rumors, attack someone verbally or exclude someone from a group on purpose. It can happen in very small ways, such as consistently posting mean comments or messages, or very significant ways, such as spreading widely unkind or false information about someone.

Fortunately, kids can learn skills that can help them stay safe online. Your child learned about cyberbullying and ways to prevent it or stop it.

Ask your child about what he or she learned.

### AT HOME ACTIVITY

If you think your child or a young person you know is being cyberbullied, there are steps you can and should take. This website has a lot of information that can help you figure out what you can do: [stopbullying.gov/what-you-can-do/parents](http://stopbullying.gov/what-you-can-do/parents)

### FIVE TIPS TO REDUCE STRESS EVERY DAY



1. Be present with whatever you are doing and whomever you are with. Stay "in the moment".
2. Add something beautiful to your life such as flowers.
3. If possible, go outside at least one time a day. Notice the simple things such as the clouds or scenery.
4. Wear comfortable, loose-fitting clothing whenever possible. Take your shoes off if you can.
5. Avoid holding in feelings day after day. Instead, find a safe place to feel, express and embrace them.