



1. MAKE SURE YOUR CHILD IS (AND FEELS) SAFE.

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Make sure your child is safe and feels safe. If you have any concerns about your child's safety, contact your local law enforcement agency. If you are not sure who to contact, call the National Child Abuse Hotline at 1-800-422-4453.



**2. TALK WITH AND LISTEN TO YOUR CHILD.**

Encourage your child to talk to you about what is happening. Listen to your child without judgment. Let your child know that you are there to support them and that they are not alone.

**3. COLLECT EVIDENCE.** Print out or make copies of any messages, photos, videos, and any other items which can serve as clear proof.

Save all evidence in a safe place. Do not delete anything. If you have any questions about how to collect evidence, contact your local law enforcement agency.

**4. CONTACT YOUR CHILD'S SCHOOL.**

Let your child's school know about the bullying. Provide them with the evidence you have collected. Work with the school to develop a plan to stop the bullying.

**5. REPORT THE BULLYING TO THE POLICE OR LOCAL LAW ENFORCEMENT AGENCY.**

Report the bullying to the police or local law enforcement agency. Provide them with the evidence you have collected. They may be able to help you take further action.

**6. CONTACT THE CONTENT PROVIDER.**

Contact the content provider to report the bullying. Provide them with the evidence you have collected. They may be able to remove the content or take other action.

**7. IF NECESSARY, SEEK COUNSELING.**

Seek counseling for your child if they are experiencing emotional distress. A counselor can help them cope with the bullying and provide support.

**8. IF THE BULLYING IS BASED ON RACE, SEX,**

**OR OTHER PROTECTED CHARACTERISTICS, CONTACT THE POLICE.**

or other protected characteristics, contact the police. This is a hate crime and should be reported to law enforcement.

**9. CONTACT THE POLICE.**

Contact the police if you are experiencing harassment or threats. Provide them with the evidence you have collected. They may be able to help you take further action.



**10. IMPLEMENT MEASURES TO PROTECT YOUR CHILD'S ONLINE SAFETY.**

Implement measures to protect your child's online safety. This includes using strong passwords, not sharing personal information, and being cautious of strangers online.

