

CHECKLIST

# WAYS TO PROTECT YOUR FAMILY FROM CYBERBULLY ATTACKS

Nearly half of all teens and tweens report that they have been the victim of a cyberbully attack, ranging from the spreading of false rumors to the unwelcome posting of explicit images to threats of violence. Here are measures you can take to reduce the likelihood that your children will fall victim and reduce the damage if they do.

In today's digital age, protecting your children from cyberbullying requires both proactive measures and ongoing vigilance. Cyberbullying can take many forms, from online harassment to the spreading of harmful rumors, and its effects can be devastating. As a parent, staying informed and taking steps to safeguard your child's online experience is crucial. By establishing clear rules and maintaining open communication, you can create a safer digital environment for your children.

## PREVENTION

- **Set age-appropriate boundaries** for the devices your children can use, the sites they can visit and the amount of time they can spend online.
- **Educate early and often** about what constitutes acceptable behavior and how to respond if you become a target.
- **Practice good digital hygiene**, including the use of strong passwords that are changed often, and place privacy settings on all devices.
- **Make sure children understand the consequences** of sending an image or message electronically. It can easily be shared with the world.
- **Monitor their social sites** on a regular basis and make sure you are aware of any new platforms they have added. Free parental control software, such as Bark or mSpy, can help you in these efforts.
- **Keep the lines of communication open** so your kids know they can come to you for help, even if the cyberbullying involves images or actions that are embarrassing to them.

## RESPONSE

- **Be aware of behavioral changes** that may indicate your child is the victim of cyberbullying, such as abrupt withdrawals from friends, activities and social situations.
- **Elevate serious or persistent issues** to the parents of a cyberbully, school authorities or the police if needed.
- **Consider digital remediation services** to remove illicit or otherwise damaging images of your child from the internet.
- **Protect yourself** from significant financial loss if legal and digital remediation services are needed to address a serious cyberbullying issue.
- **Set up privacy controls** to limit who can see their profile.
- **Keep posts and photos PG** — would you want others to see this, especially family?
- **Pause before you post** — make sure you don't put yourself in a compromising situation. Bullies can use your posts against you.
- **Don't open messages from people you don't know**, and don't open messages from people you know are bullies.
- **Log out of your accounts** when you are using a friend's computer or a public computer.

### No matter the crisis, HUB Private Client is here to help.

For additional help, your [HUB Private Client Risk Advisor](#) can connect you to carefully vetted specialists who can help you and your family address a serious cyberbullying problem.

### About HUB Private Client

HUB Private Client advises, advocates and protects with tailored solutions to protect your family and lifestyle today, while anticipating your needs and guiding you through tomorrow.