"S" – Stay Kind

1. Why is it a bad idea to send embarrassing or mean messages online?

> *Sending mean messages is considered online bullying which is hurtful and can have serious consequences, just like bullying in person. Online messages don't easily go away. This video shows how a boy didn't realize he was being an online bully.*

- **What kind of pictures are appropriate to share online or in a message to others?**

  > *Discuss what kinds of pictures are appropriate in your family. It is a good idea to ask permission before posting pictures of others online.*

  > *ACTIVITY –* Scroll through text messages on your phone and talk about pictures and text messages you have received. Talk with your kids about what messages are appropriate and what ones are not – explain why. Do this with any messages they are sending too.

- **What should you do if someone sends you a message that is hurtful or makes you feel uncomfortable?**

  > *Step away, don't send the message to others. Talk with an Adult! (Parent should keep a copy of the message.). This video can help you talk about being kind online. It will also hint to the importance of keeping passwords safe. We'll talk more about that when we get to the letter "P" in STOP.*

> *NOTE: It's important for parents to stay calm and LISTEN when a child has a conflict online. Ask questions such as: What steps have you already taken? What do you think should happen next? Do you need my help?*

> **TODAY:** Send someone a kind message, apologize to a friend you may have hurt online, or don't say anything unkind all day!

2. Parent Help:

For the whole family: Stop. Think. Click**. https://www.youtube.com/watch?v=zdqVLeg6C9s**

*For parents***:** Sexting-What parents need to know: This video is geared toward parents of teenagers Recent studies are showing that this conversation should start with kids as young as 8 years old when they have access to personal cell phones. **https://youtu.be/fLUI68lfqiI**

For parents: 5 ways to stop cyberbullying
https://www.commonsensemedia.org/cyberbullying