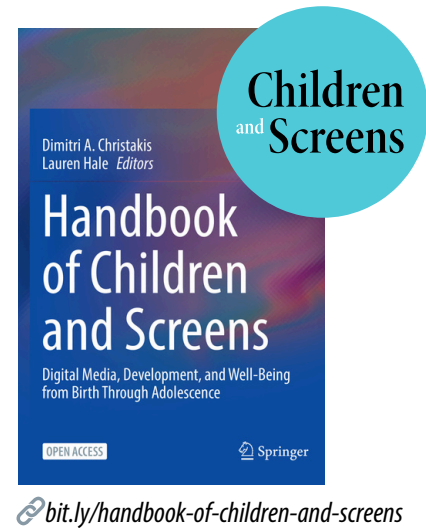


RECOMMENDATIONS

Cyberbullying and Digital Cruelty



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Create a family media plan that addresses responsible digital behaviors and incorporates youth guidance.
- Enhance children's cybersecurity.
- Develop effective mediation strategies while being mindful of children's digital rights.
- Talk openly with children about online experiences.
- Support children in developing adaptive coping mechanisms to stressful life events and avoiding digital cruelty.
- Model healthy technology use.



Clinicians and Providers

- Encourage and assist children with developing healthy coping for adverse experiences.
- Provide youth with resources to build resilience.
- Consult key stakeholders when developing provider-based intervention strategies.



Educators and Teachers

- Raise awareness of the harmful effects of cyberbullying.
- Provide students with morality training and civic engagement opportunities.
- Talk openly with students about their online experiences.
- Create and implement digital literacy programs.