



## HELPFUL LINKS & APPLICATIONS

Bullying has been around forever but the form it comes in has changed over the years. With the technology age in comes Cyber Bullying and the increase of a child's ability to be bullied. Cyber Bullying between kids has been increasing more and more over the years as kids get increasing access to devices and their applications. As parents, we have a duty to protect our children as well as prevent this practice from being perpetrated on others.

### Examples of bullying:

- Group chats are created by kids with the desire to initially discuss gaming or shopping. Later, the conversation turns into a name calling session. This becomes difficult for a child to step away from as the stakes get higher to gain a "reputation" in the classroom.
- Pictures are taken by kids without consent and tossed around in a text message as fodder for kids to ridicule each other.
- Social media posts putting down another student who already has a hard time at home. This could be the last straw to make them feel even more unwanted, causing them to think of suicide.

No parent would want something like this to happen to their child let alone someone else's so let's prevent it by working together to educate ourselves on these dangers. If we don't set boundaries and limits as adults on what is acceptable use of these technologies our kids will end up being the ones that perpetrate this vicious cycle.

We have put together this short list of tools that we can use to stop this cycle. In addition, there are also many websites listed to visit to arm yourself with the knowledge you need.

## Broward Prevention through Broward County Schools



### Direct Links

[http://www.browardprevention.org/wp-content/uploads/2013/10/BCPS\\_SocialMediaUseGuidelines\\_Final.pdf](http://www.browardprevention.org/wp-content/uploads/2013/10/BCPS_SocialMediaUseGuidelines_Final.pdf)

<http://www.browardprevention.org/violence/internet-safety/>

## Cyberbullying.org



### Description

Great parent resource to learn how you can protect your child online or on the devices they use.

### Direct Link

<http://cyberbullying.org/parental-monitoring-apps-cyberbullying-review-recommendations>

## Our Pact Apple



### Description

OurPact is a breakthrough parental control app that enables parental involvement in children's device habits through Internet and application blocking. Our parental control solution allows parents to manage their child's screen time at any time, and from anywhere. Enforcing bedtime, dinnertime, study time and family time throughout the day has never been easier. By pairing your family's iPads, iPhones, and iPods to OurPact, you have the power to manage your entire family's screen time & device use from one powerful application.

## Open DNS



### Description

Block adult content, customized filtering & identity theft protection. It has 2 free plans and 1 pay plan.

### Direct Links

<https://www.opendns.com/home-internet-security/>

## Group Text Safety

### Description

How to setup your Apple device to receive any messages that are sent to your child's account.

<https://thecybersafetylady.com.au/2015/06/safer-messaging-apps-for-kids/>

### Direct Link

<https://blogs.mcafee.com/consumer/7-tips-help-teen-avoid-conflict-group-texts/>

## DinnerTime Android, Apple



### Description

DinnerTime Plus is a useful companion app for parents who already have a DinnerTime account. The app lets you monitor and manage your kid's online activities from your iPhone – with DinnerTime, Scheduled Breaks (e.g. bed time, study time) and Take a Break supervision mode. You can also set guidelines for your kid's online activities like how much they can spend online, get real-time monitoring usage and history. With \$3.99 one-time in-app purchase, parents can increase the number of connected kid's accounts from 2 to 5 and also unlocks detailed online usage reporting feature.