

Family Safety Plan | Kids

- **Tell a Safe Adult**
 - Identify at least two trusted adults in your life such as a parent, relative, school counselor, pastor, etc.
- **Don't Respond**
 - Engaging with the bully is adding kindling to the fire. We want to starve the fire and give the bully nothing to work with.
 - Delete the apps off your phone or device, or block the offending website, rather than deleting the accounts. The bully can see you've deleted the account (kindling for the fire) but they can't see that the app has been removed or the site blocked (lack of activity or response starves the flame).
- **Create a Record**
 - Create and maintain a record of digital or physical threats and actions with dates of events and useful details.
 - Take screenshots of harmful posts, content, and communications. Save links to any online content, if possible.
- **Report to Authorities**
 - Report offensive content to the app or social media platforms to start the process of removal.
 - If the behavior happens at school, report to school officials in this order - teacher, school counselor, and principal. Keep records of your reports.
 - If the behavior happens in a non-school environment, tell the adult in charge. If they're not a good option, go to your safe adults for help.

- If you've received physical threats, or if a potential crime or illegal behavior has occurred, report it to your local police.
- **Block the Bully**
 - Wait several days rather than blocking right away
 - Increase protection and privacy settings
 - Delete any online friends or followers that you aren't sure if they're real. These profiles may be where bullies are hiding.
- **Involve Your Crew**
 - Send up your "I Need Help" signal to your friends
 - Talk to them about what's going on and how you feel
 - Get mental health support if you feel it would be helpful