Friend to Friend Parent Workshop
Handling Cyber Conflicts and Aggression

Strategies for Responding to Cyberbullying as Parents

**Remain Calm**
- Take a few deep breaths before responding to the situation your child is explaining
- If your child sees you calm, it will make them feel comfortable and secure about your abilities to help

**Listen to Your Child**
- Ask them what happened and don’t interrupt

**Validate Their Feelings**
- Help them name their feelings
- Let them know their feelings are okay, whatever they may be

**Offer Love and Support**
- “I care about you and will help you figure this out”
- When the time is right, you can correct them or teach them some strategies

**Refrain From Taking Away Their Phone**
- This could make your child feel isolated and not comfortable to telling you things in the future

*Friend to Friend* is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting [https://violence.chop.edu](https://violence.chop.edu).