

PARENTS AND KIDS CAN DELETE CYBERBULLYING



Bullying no longer just happens in the schoolyard. It's a problem in the digital realm as well. Cyberbullies now use online platforms and digital technology to harass their peers.

It's important for kids and parents to find safe ways to use technology and maintain an open dialogue about online issues. The consequences of cyberbullying are just as serious as other forms of bullying.

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social media sites, and embarrassing pictures, videos, websites or fake profiles. These confrontations can have dire consequences, including depression, social withdrawal, anger issues, even suicide.

What parents can do. Talk with your kids about cyberbullying and other online issues regularly. Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Reassure them you won't take away their devices if they confide in you about a problem they are having online.

Technology is introduced to kids at a young age, and rules about using devices should be introduced at the same time. Determine how long children can be on the internet, which types of sites they are allowed to visit or should be avoided, and what type of information is acceptable to post. Set up parental controls on their devices so they can only download apps with your permission. Rules can be modified as kids grow up and show consistent levels of online responsibility. If your child is being bullied online, here is a strategy you can recommend.

Don't respond. It's easier said than done, but the first thing your child should do is ignore and block the bully. Sometimes, bullies are encouraged by seeing a reaction. Violent or physical threats should be taken seriously. If you're worried about their safety, encourage your child to tell an adult.

Don't retaliate. By responding negatively to a bully, the situation could be made worse or the child could get into more trouble, even if the other person started it. Most schools and states have rules and laws against bullying of any kind.

Save the evidence. Tell your child to save messages on his or her phone and take screenshots of bullying on websites. This information can be used to verify the bully's identity, and offer proof to other parents, school officials or police to ensure that appropriate actions are taken to stop the bullying.

Report it. Websites, apps, phone and email providers take it seriously when people use their platforms to post cruel or mean things, or create fake accounts. If users report abuse, the site administrator might block the bully from using the site in the future.

Cyberbullying is a serious problem. Fortunately, there are strategies parents can take to prevent and stop it. 🚧

WIFI TV
DEMO DAYS

New TV Channel!

Pop TV is now on Three Star, Life & Leisure Entertainment and Complete WiFi TV Plans. Pop TV airs original scripted TV series, such as *Schitt's Creek*, and enduring favorites including *90210* and *Charmed*.

Labor Day Hours

Our local service centers will be closed Monday, September 2, 2019, for Labor Day.

Our Help Desk will be available at 877.290.0560 and via online chat at arvig.net.

Mark Your Calendar!

Experience WiFi TV at a location near you! Stop in for a brief demonstration, talk to an expert and get hands-on assistance to answer your questions.

Twin Valley: Aug. 13, 10am-2pm

Walker: Aug. 20, 10am-2pm

Visit arvig.com/WiFiTV and click on Demo Days for more information.

You can also stop in at one of our service centers anytime. There's always someone available to show you all our new WiFi TV product has to offer.



LEAVING FOR THE WINTER? Seasonal Plans

If you're a part-time resident of a home with Arvig services, a seasonal plan may be right for you. Plans are budget-friendly while you're away and provide for easy reconnection when you return.

Great news! There are no off-season or reactivation fees for the WiFi TV plan. *Switch now before you leave!*

Choose from 6-, 8- or 10-month plans.

888.99.ARVIG | arvig.net



STREAMING TELEVISION

Traditional television programming with enhanced features and added conveniences at no additional cost.

Our WiFi TV Plan offers the flexibility to choose how you watch: on your TV, tablet, computer or smartphone. Enjoy exclusive perks like:

- **FREE HD:** Auto detection gives you the best TV view available at no additional cost to you.
- **CLOUD DVR:** No more bulky boxes or wires. Access your recordings virtually on any device.
- **REPLAY TV:** Never miss another show. Watch up to the past 72 hours of shows, movies and sports across most of our channel lineup. 📺

Visit arvig.com/WiFiTV for details.



WiFi TV INFO PACKET

To have more information mailed to your home, complete this form.



Name on Arvig Account: _____

Phone #: _____ Email: _____

Mailing Address: _____

City/State: _____ Zip: _____

Return this form with your payment, or drop it off at your local service center.

Visit arvig.com/locations for a full list of our contact information and hours.

888.99.ARVIG | arvig.com

Please allow 2 to 4 weeks to receive packet due to mailing destination, and other factors beyond our control.

