

SUPPORTING YOUTH'S ETHNIC IDENTITY TO COPE WITH CYBERBULLYING

**A guide for parents to foster resilience and
embrace diversity for a safe digital use**

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Supporting confident self-expression and ethnic identity

Parents can help their children to develop self-esteem and resilience by encouraging cultural pride and self-expression. A strong ethnic identity, supported by parents, protects children from the harmful effects of online discrimination.

Creating a safe space to ask for help

A trusting parent-child relationship encourages children to seek help when facing discrimination or cyberbullying. This support reduces the harm of victimization and lowers the chances of children becoming involved in cyberbullying.

Sharing empowering socialization messages

Parents can influence adolescents' development by sharing cultural values and messages tied to their ethnic background. These messages help youth forming a strong self-identity and navigate both offline and online discrimination.

Being a positive role model

Parents' own attitudes toward their ethnicity and background shape the cultural messages they pass onto their children. By being positive role models, they can help foster pride and a healthy sense of identity in their children.

Teaching and celebrating ethnic heritage

Involving children in cultural traditions and sharing family stories helps them develop a strong sense of identity and pride in their heritage. Exploring their culture through joint activities deepens their understanding and connection to their ethnicity.

Raising awareness about stereotypes and discrimination

Parents can teach children to recognize prejudice and discrimination. Encouraging critical thinking can help them challenging stereotypes and biases they see around them.

Engaging in intercultural connections among parents

Parents from different cultural backgrounds can connect through informal gatherings that promote inclusive communities. These mutual exchanges foster parental support in navigating cultural differences, sharing traditions, and building understanding and appreciation.

Cultivating openness and respect for cultural diversity

Parents can encourage children to connect with peers from diverse backgrounds and appreciate both their own and others' cultures, promoting respect and inclusion. Exposure to different cultures through recreational activities and support for inter-ethnic friendships can help reduce prejudice.

Adopting constructive attitudes toward technology

When parents have a positive attitude toward technology, they are more likely to support their children's digital skills and guide them in safely navigating online spaces. This support can strengthen the parent-child relationship and help youth cope with online discrimination while exploring their identity.