

IS YOUR FAMILY CYBERFIT?

The Military Health System and the Defense Health Agency emphasize the value of helping patients of all ages to protect themselves online and reducing their risk of becoming victims of cybercrimes. A cyberspace threat or breach received by one family member can affect the health and well-being of the entire family and impact the parents' military readiness. Protect your family in cyberspace by discussing safe online behavior with them.

Don't tolerate cyberbullying

- **Invite your kids to tell** you if anything they see online threatens or hurts them.
- **Contact the police** if you fear for your child's or family's safety.
- Watch for the signs. Children who abruptly have no interest in going online may be cyberbully victims. **Block or delete the cyberbully.** Do not engage with them or forward their messages.
- Teach your family to treat others like they want to be treated. **Don't** let them **be the cyberbully.**



MHS

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Empower yourself to protect your information.
TRICARE.mil/CyberFit