

CYBERBULLYING

A guide for parents and carers



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Cyberbullying is an unfortunate reality in today's digital world, and as a parent, it's crucial to be proactive in protecting your child. With the rise of social media and online communication, bullying has moved beyond the schoolyard and into the virtual space, making it harder to detect and address. Here's how you can help prevent and deal with cyberbullying as a parent.

1. Educate your child about responsible online behaviour

One of the best ways to prevent cyberbullying is to teach your child about responsible online behaviour. Encourage them to treat others with kindness and to think before they post or comment. Remind them that anything they share online can be permanent and impactful.

2. Set clear digital boundaries

Establish guidelines for internet use, including screen time limits and which platforms they are allowed to use. Encourage open conversations about their online experiences and let them know they can always come to you if something doesn't feel right.

3. Monitor online activity without invading privacy

While it's important to respect your child's privacy, regularly checking their online activity can help identify any signs of cyberbullying. Use parental control tools if necessary, but also foster trust so they feel comfortable discussing any concerns with you.

4. Encourage open communication

Make sure your child knows they can talk to you about anything, including cyberbullying. Reassure them that they won't be punished for speaking up and that you are there to support them.

5. Teach them how to respond to cyberbullying

If your child is being bullied online, encourage them to:
Not engage with the bully. Responding may escalate the situation.
Block and report the bully on the platform. Reporting bullying videos shared online
Save evidence by taking screenshots or keeping records of hurtful messages.

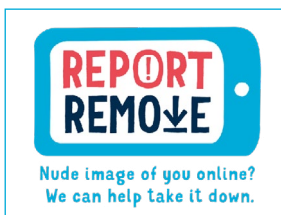
6. Take action if cyberbullying occurs

If your child is a victim of cyberbullying, take it seriously. Speak with their school if it involves classmates and report any severe cases to the appropriate online platform or authorities. Help your child build resilience by focusing on their strengths and supporting their emotional well-being.

Additional Support and Resources

Report Remove

If a young person under 18 has had a private image or video of themselves shared online without consent, they can use Report Remove tool provided by Childline and the Internet Watch Foundation. This discreet service helps determine whether the content can be removed. Childline is also available to provide support throughout the process.



Childline

Children seeking help can contact Childline through:

- Phone: 0800 1111
- Email
- Online 1-2-1 counselling

They do not need to disclose their real name or email address.



NSPCC

Speaking with other parents or seeking support can also be helpful when dealing with bullying.

For professional guidance, you can contact the NSPCC Helpline at 0808 800 5000 or email help@nspcc.org.uk where child protection specialists can provide advice and support.



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