ALWAYS CONNECTED
Supporting Your Child with Cyberbullying

Cyberbullying conversation starters

Talking to and supporting your teen

Before you **start** the conversation

Think about when and where is the best to talk to them - in the car or a neutral place where they feel safe

Jot down what you want to say to focus your mind and make the conversation relevant to them

Be open and encouraging to make them feel supported

Have a few bite sized conversations to give them time to process

What you **need** to know

- Having an honest relationship with your child is the first step in being able to tackle cyberbullying

- Talk to them about their digital lives, just as you would their offline lives

- A large majority of young people that have experienced bullying will never tell anyone or report it because of fear that it will not be taken seriously

- Ditch the Label research found that those who have experienced bullying themselves are also twice as likely to go on and bully others

- Bullying is a learned behavior- so it's important to set a good example and regularly reinforce being a good digital citizen

Key warning signs

- Aggressive behavior
- Self-isolation
- Lack of appetite
- Hesitancy to go to school
- Over consumption of the internet and online games
- Sudden behavioral changes
- Visible signs of self-harm

Tips to prevent cyberbullying

01
Bring digital experiences up in normal, everyday conversations

02
Remember, there is often little distinction between what your children do online and offline

03
Remind your child that they should always treat others as they want to be treated

04
Talk about prominent cases of cyberbullying in the media and any trending apps or platforms as a starting point to discuss the issue

05
Check to see if they're aware of how to report or block people on the apps they use

06
Talk about how they would deal with seeing someone else being bullied and what steps to take

07
Help them to understand that their behavior in online environments should reflect their offline behavior

08
Discuss the potential consequences of what they say and do online, along with the 'stickiness' of the web. Once it's out there, it's very difficult to remove content

09
Encourage your child to set high privacy settings and not to connect with anybody who they don't know offline

10
Help them gain the social and critical skills they need to navigate the online world

Tips to deal with cyberbullying

- Listen to what they have to say and make sure they know you are taking it seriously.
- Help them feel empowered and supported to deal with the situation.
- Ask them how you can help them, or what steps they want to take next.
- Collect evidence and together assess how serious the cyberbullying is by the impact it has had on your child.
- Report and block the perpetrator to the site's administrators/moderators.
- If they are the perpetrator, help them understand the impact of their actions, what to do to deal with consequences and change their behavior. It's also important to show you understand why they are behaving in such a way.

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