



CYBERBULLYING

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This information helps parents and carers prevent and respond to cyberbullying and support their children.

M c Id a d d al c l .
D al c l ca b d :

- education and finding information
- creativity and self-expression
- play
- social connection.

C Id a d d al a
.S d al
c l a .O a b
c b b ll .C b b ll l :

- misuse of power in a relationship
- behaviour that is repeated or can be repeated
- behaviour that causes harm.

- safety and privacy control leul5BDClsoI and activities. Parental controls are most effective when used with other strategies.
- Have open and regular discussions about what your child is doing and seeing online. Encourage them to share their online interests and activities with you. Children and young people feel more comfortable talking about problems if they are already talking about positive experiences.
- Use digital technology together. Children and young people use technology as a way to express themselves. They build and strengthen connections to others online. Be involved in your child's online world and strengthen your online relationship with them, as well as your offline relationship.
- Speak with your child's school about their cyberbullying and bullying prevention policy. Find out how your school teaches online safety and respectful relationships.

Encourage online safety with your child

Parents and carers play a key role in supporting their child to be safe online. Parents and carers can help children form good online habits by:

- Setting clear expectations about online behaviours with your child. This can be done through a family technology agreement. You can download a family tech agreement from eSafety www.esafety.com.au

Agreements can include:

- acceptable and unacceptable websites and apps

