CYBERBULLYING WHAT PARENTS & CARERS CAN DO

PARENTS AND CARERS GUIDE

This information is for parents and carers whose children have been involved in cyberbullying incidents.

Many children and young people find it hard to talk about cyberbullying. This can be because they:

- think adults do not understand the online world
- worry they won't be believed or they will be ignored
- worry that adults will over-react to the incident
- think they should be able to manage it on their own
- feel fearful, confused, embarrassed or ashamed
- worry that they will be in trouble, especially if they have contributed to the incident
- worry that things will get worse for them
- are worried their technology will be removed.

Cyberbullying can cause significant harm, so it is important to provide emotional and practical support to your child when they are being cyberbullied.

First steps

- Make sure your child is physically safe and emotionally safe - this is the first priority.
- Stay calm, listen closely and provide reassurance.
- Ask if your child is also experiencing face-to-face bullying.
- Take their concerns seriously.
- Thank them for telling you.
- Let your child know that:
  - you believe and love them
  - cyberbullying is not OK
  - the behaviour needs to stop.

Plan together to find solutions

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Spend time with your child

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