

GET EXPERT ADVICE ON CYBERBULLYING

Visit internetmatters.org/cyberbullying

internet matters.org

Protect your child from cyberbulling

Bullying has changed and can now happen anywhere, anytime. Help protect your child from the lasting effects of cyberbullying by learning how to help them deal with it.

Top tips to deal with cyberbullying

- Talk about it
 Find the right time to approach you child if you think they're being bullied
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- Don't retaliate
 Advise your child not to respond to abusive messages and leave conversations if they're uncomfortable



2. Show your support
Be calm and considered and
tell them how you'll help
them get through it



6. Block the bullies
If the messages are repeated
block and report the sender
to the social network or
gaming platform



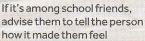
3. Don't stop them going online
Taking away their devices or restricting usage might make things worse



Keep the evidence
 Take screenshots in case you need them later as proof of what's happened



4. Help them to deal with it themselves





8. Don't deal with it alone

Talk to friends for support and if necessary contact your child's school



To find out more visit: internetmatters.org/cyberbullying