

Cyber-bullying: Top tips for parents and carers



How to keep your child safe online



You should:

- Talk to your child about who they're talking to online. Encourage them to think before talking to people they don't know.
- Try to understand and guide your child's online behaviour - negotiate and establish boundaries and discuss sensitively the issues around the concept of 'friends'.
- Familiarise yourself with the social networking sites.
- Make sure your child knows how to block someone online and how to implement security settings
- If you discover misconduct between your child and someone online stay calm, investigate the facts and seek help. If someone has acted inappropriately towards your child, or someone they know (such as sexual chat, or asking them to meet up) contact the Child Exploitation and Online Protection Centre (CEOP) www.ceop.police.uk/.

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Signs that may indicate a child is being bullied



Includes:

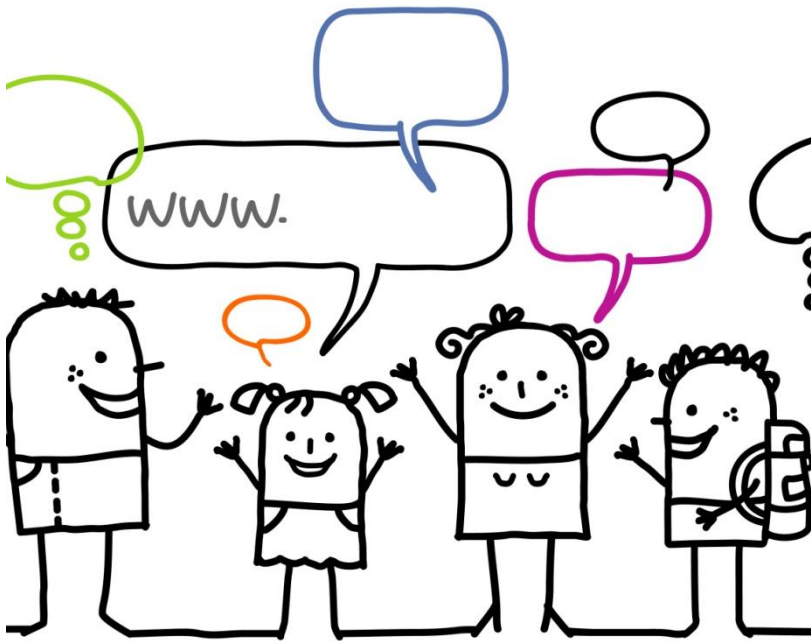
- becoming shy or withdrawn
- refusing to go to school, youth club or any other activity
- doing less well at their schoolwork
- changes in their mood – becoming depressed, angry, unhappy
- changes in their behaviour, for example wetting the bed
- showing aggression at home with siblings and other family
- feeling anxious
- changes in sleeping and eating habits
- changes in friendships/friendship groups
- getting more headaches, stomach aches and other minor illnesses
- changes in behaviour / routines

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Signs that may indicate a child is being cyber-bullied



Includes:

- suddenly stopping using technology or particular sites/apps/games
- being nervous or jumpy around technology, for example, when a mobile receives a message
- spending excessive amounts of time on devices connected to the internet
- hiding internet usage, using internet connected devices secretly, deliberately keeping out of sight when connected online
- displaying anxiety when kept away from devices connected to the internet

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