Cyberbullying

Cyberbullying is a serious issue that affects many young people today. It involves using technology, such as smartphones, social media and the internet, to harass, threaten, humiliate or spread rumours about someone. Cyberbullying can cause deep emotional harm and have long-lasting effects. It's important for parents and caregivers to talk to their children and teens about cyberbullying, so they understand what it is and how to protect themselves and others. Having a discussion about staying safe online will help your child navigate the digital world with confidence.

Empower confidence.
Start the conversation using these strategies:

1. Definition of cyberbullying:
Explain what cyberbullying is and how it differs from traditional bullying.

2. Forms of cyberbullying:
Discuss the various forms of cyberbullying, such as harassment, spreading rumours, threatening messages and cyberstalking.

3. Effects of cyberbullying:
Emphasise the harm that cyberbullying can cause, including feelings of sadness, anxiety and fear.

4. Report cyberbullying:
Encourage your child to report any instances of cyberbullying to a trusted adult.

5. Protect personal information:
Teach your child about the importance of keeping personal information private and how to set strong passwords.

6. Be an ally:
Explain how they can be an ally to others by speaking out against cyberbullying and supporting those who have been targeted.

7. Digital footprint:
Discuss the concept of a digital footprint and how their actions online can impact their future.

8. Online behaviour:
Encourage your child to think before they post and to be respectful in their online interactions.

9. Parental monitoring:
Let them know that you may need to monitor their online activity to help keep them safe.

10. Open communication:
Encourage open and honest communication with your child about their online experiences, and let them know they can come to you with any concerns.