

WHAT CAN I DO?

Our trained support advisors offer practical, emotional and legal support.

1. RECORD EVIDENCE

Screengrab this as soon as it happens

2. BLOCK THEM

& Report to administrator

3. EMAIL

help@cybersmile.org

To be allocated a trained support advisor.

EMOTIONAL
SUPPORT

PRACTICAL
SUPPORT

LEGAL
SUPPORT

If you receive serious repeated abuse and threats then you should contact your local police department, who will be able to advise you how to proceed

help@cybersmile.org



cybersmilefoundation



cybersmileofficial



cybersmile



@cybersmilehq



@thecybersmilefoundation



THE CYBERSMILE FOUNDATION

help@cybersmile.org

CYBERBULLYING : PARENTS GUIDE

IS MY CHILD A CYBERBULLY?

This may be a difficult issue for parents to accept, but it's important to watch for the following signs:



SECRETIVE BEHAVIOUR:

What they are doing online, minimising screens or cutting off calls when you walk in are common indications

MULTIPLE ACCOUNTS:

Aliases for email and social networking sites are easy to set up and protect a cyberbully from being found out

ONLINE WHILST ON THE PHONE:

Does your child spend a long time online while talking to friends?



RECENT VICTIM:

Have they recently complained about themselves or a friend being cyberbullied?

FALLING OUT:

Has there been a recent falling out with friends or groups of other children?

ADVERSE

Do they become unusually angry when they can't use the computer or you ask about their online activities?



AGGRESSIVE BEHAVIOR:

Has your child become increasingly aggressive or spiteful to others, including animals?

PREVENTION

- Watch out for early signs of online bullying behaviour in young children. Discuss issues as soon as they arise, set boundaries and impose restrictions where necessary

- Encourage your child to learn about good netiquette. This can help them understand how real social boundaries can be followed online

- Discuss concerns, particularly with older children, who may be more defensive. Mention your concern of how their actions could be perceived. Children are often unaware of the distress they are causing

DEALING WITH AN INCIDENT

If an incident occurs, approach the situation carefully and calmly. Try not to overreact as this may cause your child to back off and deter them from confiding in you again.

TAKE FIVE

Get your child away from the computer for a while.

STAY PRIVATE.

Watch some TV, make yourselves a snack, or just get out for some fresh air. This will give both of you time to calm down and get some perspective. Assess the threat to your child as objectively as you can. Children regularly fall out and arguments are not themselves a sign of cyberbullying. Talk calmly with your child and find out exactly what you are dealing with.

REASSURE

If there is a problem, reassure your child that you are on their side and work with them to deal with it.

RESOLVE

Encourage your child to find a way to resolve issues themselves, with your support, before you step in and take over. The last thing they want is more drama or conflict so work with them to find solutions.

KEEPING A RECORD

Keeping a record will help you prove your case should you need to take further steps.

ARE THEY BEING CYBERBULLIED?

If you're caring for either children or vulnerable adults, here are some common signs to watch out for...
CHANGES IN ONLINE BEHAVIOUR: Are they suddenly spending far more or less time on online gaming, texting or social networking sites?

RELATED QUESTIONS:

Has the person asked you about closing down social networking site accounts, or about security features such as blocking other account holders or phone numbers?

CHANGES IN FRIENDS & ACTIVITIES:

Have they reduced their usual social activities? Have you noticed an unexpected change in the dynamics of their friendship group?

DISTRESS:

After using the phone or computer do they become annoyed, seem stressed, or look flustered and confused?

SELF-ESTEEM:

Have they started to put themselves down verbally or show other signs of low self-esteem?

SCHOOL ATTENDANCE & PERFORMANCE:

Has a young person been increasingly late for school or 'off sick'; has there been a decline in the standard of school work?

RELATIONSHIP BREAK-UP:

Has the person recently broken up with a girlfriend or boyfriend? When relationships go wrong, arguments can be played out over the internet or on the phone.

SECRECY:

Do they act secretly when using the internet or phone? For example, do they close down the computer or hang up the phone mid-conversation when you walk in?

ILLNESS:

Has there been an increase in headaches, stomach upsets or other ailments?

If you suspect your child is being cyberbullied and they aren't willing to discuss it, try pointing them towards help from other sources. They may feel more comfortable asking anonymous questions to a service like Cybersmile.

TOP TIPS FOR KIDS

1. NEVER REPLY

It could make things worse and you might be accused of cyberbullying.

2. TELL SOMEONE STRAIGHT AWAY

Parents, a family member, teachers- tell someone.

3. SAVE ABUSIVE MESSAGES

Record and store messages as evidence.

4. BLOCK AND REPORT

Report the offender to the site administrator to prevent further contact from a cyberbully.

5. ASK YOUR SCHOOL

Find out what support they can offer.

6. NEVER GIVE OUT PASSWORDS

Even to friends! Keep control of your personal info.

7. NEVER ARRANGE TO MEET

If someone you don't know tries to meet up with you, tell a trusted adult immediately.

8. THINK BEFORE YOU CLICK

Many arguments start with a misunderstanding, so think about what you really want to say.

9. DON'T GET CAUGHT UP

Avoid becoming involved in cyberbullying campaigns. Don't pass on a comment, message or picture just because "everyone else is". Think!

10. REPORT CYBER BULLYING

If you know someone is being cyberbullied don't stand by and let them suffer. Report it- anonymously if you like- on their behalf. This could be to your school or to a responsible adult.

WHO YOU CAN TALK TO

ADVISORY SERVICES

Review our services for further advice and help. online abuse and are obligated to follow up complaints.

POLICE

Phone the police if your child is receiving violent threats, death threats or sexually explicit material.

SERVICE PROVIDERS

Phone and internet companies all have policies preventing.

SCHOOL/AUTHORITY

All state schools have guidance from local authorities regarding bullying.