

## Cyber Bullying - a Guide for Parents



Is my child being cyber bullied?

Here are some possible indicators :

- Spending significantly more/less time on the internet
- Seeming anxious and withdrawn
- Hiding their phone or keeping it with them all the time
- Loss of confidence
- Not sleeping or eating properly
- Receiving more texts and calls
- Not answering calls/texts

What can I do?

- Talk to your child and see if there is a problem
- Save any messages as evidence
- Encourage your child not to reply to any messages
- You should also not reply or get involved personally (although you will feel like it)
- Let the school know
- Inform the service provider, they may be able to help

- Tell your child to postpone their social networking accounts for a while
- If there are threats inform the police

The best advice is to ignore any form of cyber bullying. The perpetrator wants a reaction, without one the abuse is pointless. Meanwhile you can track and record what is happening and get help.

Please see our BIG Help pages for further sources of advice and help on how to report it.

[www.bullyinginterventiongroup.co.uk/bighelp.php](http://www.bullyinginterventiongroup.co.uk/bighelp.php)

and for parents

[www.bullyinginterventiongroup.co.uk/parents.php](http://www.bullyinginterventiongroup.co.uk/parents.php)

We also offer a guide for parents if they think the situation is very serious and merits police help.