

Cyberbullying: A Parent's Guide

Protecting your child in the digital world

What Is Cyberbullying?

Cyberbullying involves using digital platforms to embarrass, threaten, isolate, or harm someone. It includes:

- Name-calling or mockery
- Exclusion from online groups
- Spreading rumours or false stories
- Posting humiliating images or videos
- Hacking accounts or impersonating someone
- Threats or pressure to share explicit content

Why It Matters

Children live online - it's where they learn, laugh, connect, and sometimes cry. While the internet offers amazing opportunities, it also brings real risks. Cyberbullying is now one of the biggest threats to children's mental health.

How to Help

Talk and Listen:

Start early and keep the conversation going. Ask your child how they spend their time online. Don't just warn - join in. Play a game together, explore a new app, watch their favourite videos. It builds trust and makes tough conversations easier later.

Set Boundaries:

Teach internet safety and privacy. Explain how to spot manipulative behaviour. Monitor online activity and set boundaries. Use strong privacy settings and two-factor authentication. Keep communication open and honest.

Know the Signs:

Be aware of changes in your child's behaviour that might indicate cyberbullying, such as increased social isolation or reluctance to use digital devices.

Report and Support:

Encourage your child to come forward if anything feels off. Help them understand the impact of online actions - they might be bullying others without realising.

Resources

- Act Against Bullying: actagainstbullying.org
- CEOP: ceop.police.uk
- Internet Watch Foundation: iwf.org.uk

Support Our Work

If you found this guide helpful, please consider making a donation to support our anti-bullying work.

