



Cut out and keep tips for parents on cyberbullying:

- **Talk About It:** If your child is using social media or communicating online, don't wait until they experience cyberbullying to talk to them.
- **Beware What They Share:** Discuss with your child what they should be sharing online and how it could invite bullies.
- **Learn about it.** Find out about the apps, social networks and online games they are using and what they are able to share through them.
- **Take Control:** Set safety filters on their devices and ensure privacy and settings are at the highest level on social media.
- **Take It Seriously:** Check in with your child regularly and look out for signs of cyberbullying. Remember that children can be targeted by cyberbullies at anytime and online bullies can be anonymous.
- **Block and Report:** Teach your child what to do if they want to prevent or report abusive messages, including keeping the evidence with screengrabs.
- **Don't stop them going online:** Often removing devices and stopping children from going online can make them feel more isolated.
- For further help visit [internetmatters.org](https://www.internetmatters.org)



Cut out and keep tips for kids on cyberbullying:

- **Keep Safe:** Only add people you trust on social networks and keep personal information including your location private.
- **Beware of What You Share:** Once a picture has been shared it cannot be removed and is unlikely to ever remain private. Be careful before sending or posting any image.
- **Do I have permission?** You might find an embarrassing photograph of your friend amusing but if it's their photo ask yourself if you have permission to post it - especially if it could humiliate them.
- **Be a Friend:** If negative comments have emerged about someone online, don't join in. Support the target; encourage them to talk to an adult.
- **Don't respond or retaliate:** A bully is after a reaction - don't give them one. Don't write back to nasty texts or messages and respect others online.
- **Keep the evidence:** If someone has sent you cruel messages; keep the evidence by saving it or screen-grabbing it to show someone who can help.
- **Talk to an adult:** Do not suffer in silence. Talk to a trusted adult such as a parent or teacher as soon as possible. To talk anonymously call Childline in confidence on 0800 1111.