1. **Talk about it**
   Find the right time to approach your child if you think they're being bullied.

2. **Show your support**
   Be calm and considerate and tell them how you'll help them get through it.

3. **Don't stop them going online**
   Taking away their devices or restricting usage might make things worse and make your child feel more isolated.

4. **Help them to deal with it**
   If it's among school friends, advise them to tell the person how it made them feel and ask to take any comments or pictures down.

5. **Don't retaliate**
   Advise your child not to respond to abusive messages and leave conversations if they feel uncomfortable.

6. **Block the bullies**
   If the messages are repeated block and report the sender to the social network or gaming platform.

7. **Keep the evidence**
   Take screenshots in case you need them later as proof of what's happened.

8. **Don't deal with it alone**
   Talk to friends for support and if necessary your child's school who will have an anti-bullying policy.

9. **Know when to take it further**
   In extreme cases and if you feel your child is in danger then consider informing the police.

10. **Don't stop when the bullying stops**
    Keep talking to your child and consider whether counselling could help them deal with the consequences.