Talking to 11-13 year olds

Before you start the conversation

- Think about when and where is the best to talk - in the car or a neutral place where they feel safe
- Jot down what you want to say to focus your mind and make the conversation relevant to them
- Be open and encouraging to make them feel supported
- Have a few bite sized conversations to give them time to process

What you need to know

Typically 11-13 year olds will:

- Have access to a smartphone or tablet
- Use the internet to play games
- Do homework online
- Watch videos on YouTube or socialise with friends

- There has been a rapid growth in the number of 11-13 years olds using social media - often with accounts on multiple social networks
- Children as young as 11 post an average of 26 times a day, attract 100 followers to every one of their profiles
- Over two thirds of 11-12 year olds have a Facebook profile despite requiring users to be a minimum age of 13
- Bullying is a learnt behaviour - so it’s important to set a good example and regularly reinforce how to be a good digital citizen

Cyberbullying conversation starters

internet matters.org
Tips to prevent cyberbullying

- Set parental controls on devices your child can access - see our parental controls guide
- Talk to your child about what it means to have friends and followers online. Are they real friends? Can they trust them?
- Be aware that your child might start exploring romantic relationships. Talk about what they can safely share and who to trust
- Encourage your child to be kind to others and think about the impact that words and actions can have
- Talk to your child about what bullying is (hurting someone on purpose/several times over) and how people might bully others online
- Encourage your child to tell you if they see or experience cyberbullying
- Talk to your child about how they use the internet and what they enjoy
- Tell your child that if they can’t talk to you they should talk to a teacher at school or contact organisations like Childline

Tips to deal with cyberbullying

- Don’t jump to conclusions. Gently explore with your child what has gone on before the message or the post
- Stay calm if you find out your child is experiencing cyberbullying or cyberbullying others
- Be aware that cyberbullying can be a continuation of, or a response to bullying already happening at school or elsewhere
- Don’t encourage your child to retaliate in any way that is angry, offensive or threatening
- Be aware that all forms of bullying can make you feel very sad, afraid and alone.
- Reassure your child that together you will sort it out
- Think carefully before taking away your child’s access to their phone or tablet (this can increase loneliness)
- Help your child to report any offensive content to the social media provider
- Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves
- Seek help. You could talk to your child’s school or if your child feels harassed or threatened, the police. There are also charities like Kidscape that can give advice

Want more help?

For more information visit: internetmatters.org/issues/cyberbullying