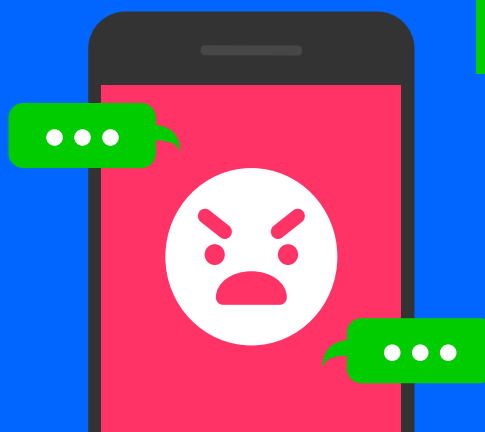


Talking to vulnerable children



Before you start the conversation

Be aware that disabled children and those with special needs (SEN) are more likely to experience cyberbullying but it doesn't mean it will happen to your child however, they're more vulnerable to experience it



Think about when and where is the best to talk to them - 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

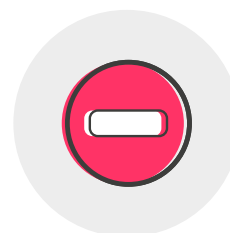
What you need to know



Think about your child's understanding of the internet. Are they already clued up or do they need more support?



Think carefully about what you want to get out of the conversation



What boundaries do you want to put in place when it comes to your child being online? Can you come up with an agreement together? What boundaries does your child think is fair?



Be aware that disabled children and those with special needs (SEN) are more likely to experience cyberbullying but it doesn't mean it will happen to your child however, they're more vulnerable to experience it



Although disabled young people are less likely to use the internet don't discourage it, support them



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

Tips to prevent cyberbullying



Ask them about what they do online, what apps or sites they use, and if they can show you how to use them



Get a clear idea of how they stay safe online. Do they know not to share personal details with friends?



Do they know the minimum age of popular social media sites like Facebook which is 13 years old?



Encourage them to be good digital citizen and share our [‘Top Internet Manners’](#) to help them use their power for good online

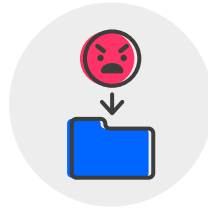


Check if they know how to report things that upset them online or block people. Do they know to come to you to talk about anything they are worried about?

Tips to deal with cyberbullying



Reassure your child that they've done the right thing by telling you, that it's not their fault and that you'll work together to find a solution



Save evidence of cyberbullying and keep a note of times and patterns of when it happens



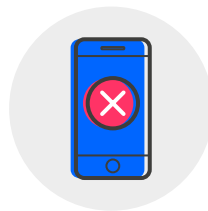
Block the perpetrators so they can't contact your child and report the cyberbullying to the site, school and, or police



Report discriminatory bullying as a hate crime or incident to the police if it is specifically targeting their disability



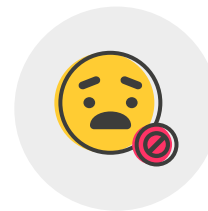
Don't encourage your child to retaliate or respond to the perpetrators



Don't delete their social media activity or take away their device to make sure they don't feel afraid to tell you in future



Give them time to communicate what has happened as they might find it challenging



Don't overreact if they do something you don't want them to do online, they might not want to discuss it again

What do to next



Keep an open door so your child feels confident to share anything they're worried about online with you



Draw up a strategy together about how you are going to respond to the cyberbullying and what steps forward you will take



If they need further support on how to use the internet, speak to the school for help



Keep an eye out for signs that they might be being cyberbullied - you know your child better than anyone and will see changes in their behaviour



Have regular conversations about your child's online activity - kick off with these questions: Did you find anything interesting on Facebook/ Instagram (etc.) today? Who did you chat to? What did you chat about? Did you enjoy it? Is there anyone that you don't like online? Why? What is the thing you like best about being online and what's the thing you are most worried about?



WANT MORE HELP?

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

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