

netangel

prevention education protection



Out of sight Out of mind



Is your child being Cyber Bullied?

Children and teenagers are spending more time online than ever before. Although there are the benefits of education and social interaction from being online, sadly the internet can also facilitate bullying and harassment.

According to the latest 'Children and parents: media use and attitudes' report from Ofcom (published 29 March 2023), 70% of parents of 3-17-year-olds, who go online, said they were concerned that their child may experience some form of bullying online or via communication's technologies.

Cyberbullying involves using technology such as social media, texting, or instant messaging to harm, intimidate, or embarrass someone. Cyberbullies can use various tactics, such as spreading rumours, sharing embarrassing photos or videos, or sending threatening messages. Victims may find it difficult to escape from this type of bullying because it can happen 24/7.

Taking their concerns seriously can make a huge difference and can help you take any necessary steps together, to protect them. If they have told you, or you suspect, that they are being cyberbullied, there are several steps you can take to help them.

Encourage Open Communication

Encouraging open communication is one of the most important things you can do. Talk to your child and let them know that they can come to you with any concerns or problems. Make sure they understand that you will listen to them and provide support. If you sense that they would prefer to speak to someone else, encourage them to speak with other trusted adults or organisations, such as Childline.

Document the Bullying

Keep a record of any messages or online interactions that are causing concern. This documentation can be used as evidence if necessary.

Report the Bullying

If the cyberbullying is happening on a social media platform or website, report it to the app's / website's administrators or moderators. You can also report it to the police if the bullying involves threats of violence or illegal behaviour.

Use Technological Tools

Consider using the digital resources at your disposal to reduce the amount of bullying they experience:

- Block the person/people,
- Change their privacy settings.

If these are not sufficient also consider limiting your child's access to those apps, games or websites where the bullying is occurring, at least temporarily.

Seek Professional Support

If your child is struggling with the effects of cyberbullying, consider getting professional help from a counsellor or therapist. They can help your child cope with the emotional impact of cyberbullying and develop strategies for dealing with it.

As a parent, it's important to:

- be aware of this issue,
- take steps to protect your child,
- encourage open communication,
- document any bullying that occurs and report it to the relevant authorities,
- limit access to technology, and
- seek professional help if necessary.

Remember, cyberbullying is a serious issue that can have long-lasting effects on your child's mental health and well-being. With your support and guidance, your child can overcome the effects of cyberbullying and move forward with confidence.

Resource Link - [Children and Parents: Media Use and Attitudes](#)



Children and Parents: Media Use and Attitudes



Online safety, practical tips



Advice for parents and carers to help keep children safe from bullying



% of children experiencing someone being nasty or hurtful to them via these means

