## BE KIND

# *HELPING YOUR CHILD COPE WITH CYBERBULLYING*

## *DO WHAT'S RIGHT ONLINE*

☑ **THINK** before you post

☑ **RESPECT** others

☑ **STAND UP** for what's right

✓ **CHECK Please!**
Be Safe. Be Smart. Be Kind.

# Before we react,
# CHECK PLEASE!

## Here's our checklist of 9 tips to help your child.

### 01  BE ALERT
Look out for signs that might suggest your child is being bullied (e.g. change in sleep patterns, decreased appetite, or sudden lack of desire to go to school).

### 02  START A CONVERSATION
Lend your child a listening ear and monitor their online and offline behaviour. Have open-ended conversations to better assess the situation.

### 03  BE OPEN
Reassure them that you won't restrict their access to the internet just because they shared their problem with you. It'll encourage them to be honest too.

### 04  SHOW SUPPORT
Remind them that they did not ask to be bullied, and that it is not their fault.

### 05  MANAGE THE SITUATION
Make sure that your child does not respond to the messages, but ignores the bully (e.g. unfriend/unfollow/block).

### 06  RECORD THE EVIDENCE
Take screenshots as proof. Save comments, photos, or videos that show online bullying.

### 07  REPORT THE BULLY
Flag online bullies to the platform administrators directly and report inappropriate content.

### 08  TURN TO THE SCHOOL
If the cyberbullying involves another student from their school or enrichment centre, approach a teacher or staff as they likely have a policy in place to handle such issues.

### 09  APPROACH THE OTHER PARENT
If you know the other child's parents, you may want to approach them with the evidence. Keep the meeting private and your tone calm and un-accusatory to avoid escalating the situation.