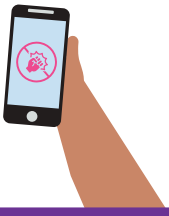


Encourage Your Child to Lead with Kindness and Empathy Online








As your child engages with others online, help them understand the impact of their online actions on others.

Cyberbullying is the act of harassing, threatening, embarrassing, hurting or targeting another person through online platforms and devices. Recognise the signs of cyberbullying and guide your child in fostering a kinder online space.



Examples of Cyberbullying

-  Sending or posting hurtful, abusive or threatening messages, such as trolling or spreading false rumours
-  Posting embarrassing photos or videos of someone
-  Sharing personal information of another person without consent (doxing)
-  Impersonating the victim and damaging the victim's reputation
-  Intentionally excluding the victim from online interactions



My Child Might be a Cyberbully! What Should I Do?



Stay Calm and Create a Safe Space to Chat

Have an open, non-judgmental conversation about the incident. Assure your child you're there to listen and understand their perspective, creating a safe space for honesty.



Teach Empathy and Respect

Explain the difference between friendly banter and hurtful bullying. Encourage your child to reflect on their actions by asking, "How would you feel if someone did the same to you?"



Be a Positive Online Presence

Guide your child to engage responsibly and encourage positive online interactions.

Encourage them to practise "**Stop – Think – Do**"

Stop: Stop what you are about to do and calm down.

Think: Think of the choices and the consequences of each choice.

Do: Choose the most responsible choice. If necessary, seek help from a trusted adult.

Consider if what they are about to post is **T** rue, **H** elpful, **I** nspiring, **N** ecessary, and **K** ind. If the answer to any of these questions is 'No', advise your child not to post the message.



Is it kind?



Apologise to the Victim

Guide your child to take responsibility for their actions by teaching them to apologise to the victim and remove the hurtful content they have posted or shared online.



Keep calm and turn this cyberbullying episode into a teaching moment. You can help your child to foster a kinder online space.

