Cyberbullying – How to Avoid and Respond

HOW TO AVOID

1. ADVICE FOR PARENTS/CARERS

How to reduce the likelihood of your child being involved in cyberbullying;

1. Tell your child right from the start that if they are cyberbullied you expect them to talk to you and let them know you will be able to help.

2. Teach your child that cyberbullying is not normal or acceptable behaviour.

3. Tell them technology will not be removed if they talk to you. (However a period of 'peace' without technology may be a good idea – not as a punishment)

4. Do not allow or discourage your child from using software programs that allow users anonymity. These programs encourage cowardly behaviour. This gives others a license to drag others down.

5. Establish rules about how technology is used in your home;

   a. Not in bedrooms

   b. Off at 8pm

   c. Only use software programs that allow you to be certain of the person's identity

   d. Don't post photos with the location identified

   e. Don't post personal information (yours or others)

6. Set the standard. Don't speak badly of others online. Don't participate in poor behaviour online.

7. Friend your child on social media – remain distant and respectful. Your presence is often enough to keep the bullies in check.

8. Know your child's school policy regarding cyberbullying and support its implementation at home too. Keep communication open with the school, especially if the school issues technology for home use.

9. Google your child to see what comes up. If you're unhappy with anything, discuss it with your child and have it removed.

10. Approach your child if you are worried they may be involved. Use language that supports sharing information, free from overreaction or reprimand.

2. ADVICE FOR TEENS

How your child can reduce the likelihood of being involved in cyberbullying;

1. Protect your passwords (stops someone from assuming your identity to embarrass or harass)

2. Don't respond to anything when you are angry. Calm down before you type.

3. Don't talk about others, in a negative way, online. If you wouldn't say it to their face, don't type it (where it is permanent and can be forwarded).

4. Don't post personal information

5. Delete messages from strangers (don't open them)

6. NEVER forward or contribute to hate messages/posts. A bystander is as bad as a bully.

7. Keep photos PG. If you wouldn't show it to your Mum and Dad. Don't post it.

8. Use privacy controls to protect yourself.

9. Always log out completely when you are using a public computer.

WHEN YOUR CHILD IS INVOLVED IN CYBERBULLYING

Your child has been involved in cyberbullying… here's some things you and your child should do.

Adult	Child

Praise your child if they do come to you with an issue.
 	
Respond maturely. Keep calm. Seek facts and reassure. Set the standard of behaviour you want modelled by your teen.
 	
Keep a record if possible – screen shot, save, and or print, then remove it.
 	
Journal occurrences with as much detail as possible (dates, programs, names). YOU do this not your child and keep the records in a place your child does not need to see them or give them any additional thought.
 	
   o Cyberbullies do it for their own reason. Don't make this about your parenting style or
	Tell a responsible adult (parent/carer/teacher)
	
	Don't revisit hurtful material (especially on social media as it pushes it up the feed and new people will see it)
	
	Don't sink to their level. Just ignore and self protect. Escalating the situation is what they want.
	
	Show a parent and then delete anything you can delete.
	
	Something can always be done;
	
	   o Block/delete the person from all cyber sources
	
	   o Report to police if applicable
	
	   o Press the 'report abuse' button on the software if applicable

value as a parent. Just work toward a solution for your child.
 	
Never contact the other child/ren directly
 	
Something can always be done. You can encourage your child to;
 	
    ○ Block/delete the person from all cyber sources
 	
    ○ Report to police if applicable
 	
    ○ Press the 'report abuse' button on the software if applicable
 	
    ○ Start new accounts with another username if necessary
 	
    ○ Inform the school if applicable
	○ Start new accounts with another username if necessary
	
	○ Inform the school if applicable

Ask your children what they want. More often than not, they will just want the activity to stop.

Sometimes it's the parent who gets angry and seeks revenge for their child.

Stay focused on what is best for your child. Empower and protect.

See also – 'Cyberbullying Indicators' fact sheet for definitions and what to look for in your child.

For further assistance consider visiting the eSafety website for <u>resources</u> and to <u>report</u>.