

## **How to Support your Child with Cyber Bullying**

### **Establish Rules about Technology Use**

- Establish rules about appropriate use of computers, mobile phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they are online. Show them how to be safe online.
- A simple rule is 'no phones after bedtime.' Have a drawer in the kitchen that all phones are left in. Try turning off the wifi when you are going to bed.
- Help your child to be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.
- Encourage children to think about who they want to see the information and pictures they post online. Should complete strangers see it? Real friends only? Friends of friends? Think about how people who aren't friends could use it.
- Speak to your child about the dangers involved in chatting with strangers online.
- Tell children to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.

### **Be aware of what your children are doing online**

- Talk with your children about cyberbullying and other online issues regularly.
- Know the sites your children visit and their online activities in the same way you would with real life activities - Ask where they're going, what they're doing, and who they're doing it with.
- Tell your children that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control filtering software or monitoring programs are one option for monitoring your child's online behaviour, but do not rely solely on these tools.

- Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
- Ask for their passwords.
- Encourage your children to tell you immediately if they, or someone they know, is being cyberbullied.
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