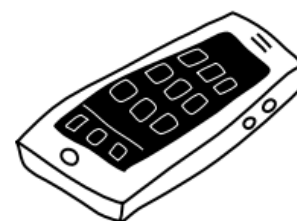


10 top tips for parents and carers help protect their children and young people from cyber-bullying



The Anti-Bullying Alliance (ABA) and our Youth Ambassadors are keen to raise awareness of the issues surrounding cyber-bullying. Here are our 10 top tips for parents and carers:

1. **"What is bullying and Cyber-bullying?"** It is important to be clear on what is bullying. Please see www.anti-bullyingalliance.org.uk for a definition. Cyber-bullying is a very specific form of inappropriate behavior. This is different from children falling out with friends or banter.
2. **"Don't ever give out your own or your friends' personal information"** This tip is for any kind of cyber/text/phone/gaming/online communication. Make sure your child doesn't make yours or their own personal information public - always check privacy settings on the sites they are using.
3. **"Digital Tattoos"** Help your child understand that they need to be careful what they put out into cyber-space. Pictures/comments and any other information you put out onto the internet might stay there forever. So think before you upload or send.
4. **"Make sure you understand the app!"** Ask your children what apps they are using. All apps/website/social networking sites/gaming sites have different settings. Make sure you know the privacy/safety settings and how the app works. If the app automatically posts your pictures into the public eye - not just to your friends - then, is it something you really want to use?
5. **"You CAN block and report people"** If your child has a bad experience online, they are able to block that person and report people to protect yourself from any more contact with them.
6. **"Have conversations about how they are using social media."** Just like in the real world if your children went out with friends or to a youth event or club. Ask how are things are going, is there anything they want to talk about? Do they know they can come and talk to you if things go wrong?
7. **"Keep calm, keep talking to your child"** if your child tells you they are being cyber-bullied or are worried, upset or scared about a cyber or real-world bullying issue then talk to someone you trust to listen and sort out the problem. You can find where to get professional advice at our webiste: www.anti-bullyingalliance.org.uk/advice/parents-carers.aspx. It is important to keep calm, and record what has happened and when. This helps to build up the evidence that the hurtful actions are repetitive.



8. **"Save evidence of bullying online"** If you are having a problem with someone online then you might think deleting the comments/images will make you feel better. But, if you do want to report the person - the best thing you can do is **SAVE** the evidence- screen shot the comments and save them somewhere safe.
9. **"Policing the internet"** If you find yourself in a situation where you feel frightened or upset by repeated bullying and bad behaviour on the internet then you can go to the police. Some kinds of bad behaviour online are seen as harassment and the police can help in some cases. But you must build up evidence - so don't forget to screen shot!
10. **"Making sure it is resolved"** Once interventions have been put in place it is important to keep checking to make sure that your child feels safe. Have discussions on how things are on-line, how they feel and what they can do to prevent things in the future. This helps to make sure that the right solutions are working and that the cyber-bullying has stopped once and for all.

