

# 100 Days of Safeguarding

Wirral Safeguarding Children Partnership

Cyberbullying—Guidance for Parents  
of 0-5's; 6-10's 11-13's and 14+



Wirral  
Safeguarding  
Children  
Partnership

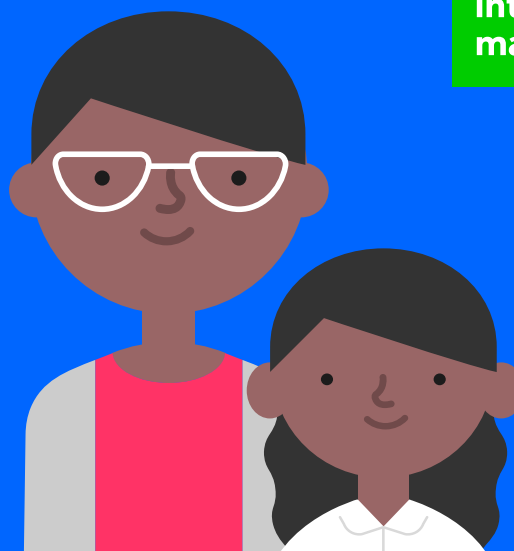
*Supporting Families Enhancing Futures*

[www.wirralsafeguarding.co.uk](http://www.wirralsafeguarding.co.uk)

internet  
matters.org

[www.internetmatters.org](http://www.internetmatters.org)

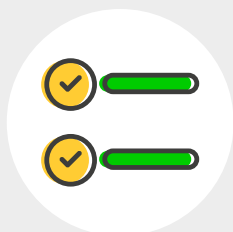
# Talking to 6-10 year olds



## Before you start the conversation



Think about when and where is the best is to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind and make the conversation relevant to them



Be open and encouraging to make them feel supported

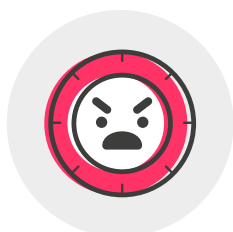


Have a few bite sized conversations to give them time to process

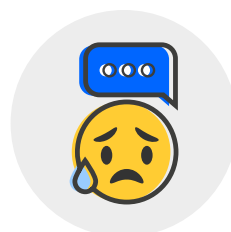
## What you need to know



Think carefully about allowing your child on social media as the minimum age on most networks is 13 years old



Cyberbullying can take place 24/7 and happens repeatedly on a range of apps, games and devices



Younger children can confuse any nasty comment or opinion as 'bullying' so their understanding of bullying can be different to that of adults



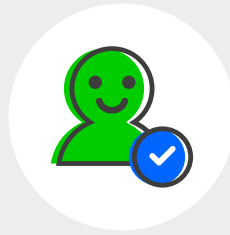
Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce how being a good digital citizen

## Tips to prevent cyberbullying



### Be engaged

Talk to your child about what they like to do online and what they know about staying safe – [see tips from Childnet](#)



### Be kind online

Being positive and respectful online is key to using the internet safely. Share '[Top Internet Manners](#)' with them



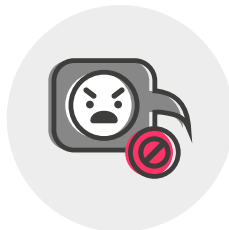
### Know how to report

Make sure your child knows how to report cyberbullying if it happens to them or someone else

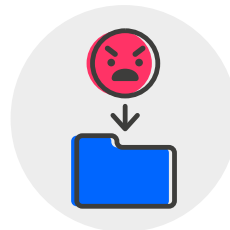
## Tips to deal with cyberbullying



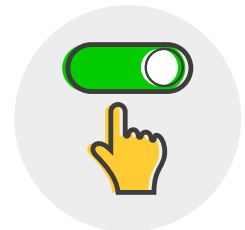
Make sure your child knows they can share anything that upsets them online with a trusted adult. Watch Childnet's Captain Kara video '[T for Tell!](#)'



**Never retaliate** – remind your child that saying mean things back to a bully makes the situation worse



**Save the evidence** – encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult



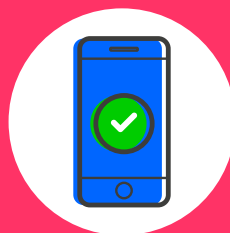
**Explore the games and apps** your child uses together and find report and block buttons to understand what they do

## Actions you can take to support them



### Listen and help

Allow your child to explain what has happened and talk about it before making judgements



### Don't deny access

It can be tempting to ban devices or using the internet to prevent the bullying but this isn't a solution and can make a child feel worse



### Know how to get help

Your child's school can help you deal with cyberbullying and provide support and advice. If you feel the law has been broken then online bullying can also be [reported to your local police force](#)

### WANT MORE HELP?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying)

# Talking to 11-13 year olds



## Before you start the conversation



Think about when and where is the best to talk - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know

Typically 11-13 year olds will:



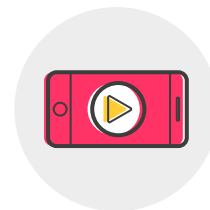
Have access to a smartphone or tablet



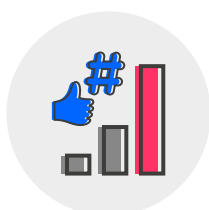
Use the internet to play games



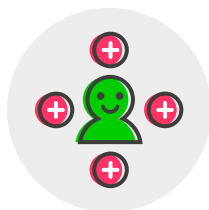
Do homework online



Watch videos on YouTube or socialise with friends



There has been a rapid growth in the number of 11-13 years olds using social media - often with accounts on multiple social networks



Children as young as 11 post an average of 26 times a day, attract 100 followers to every one of their profiles

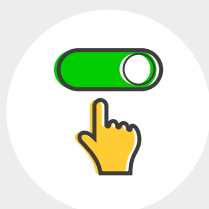


Over two thirds of 11-12 year olds have a Facebook profile despite requiring users to be a minimum age of 13



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce how to be a good digital citizen

## Tips to prevent cyberbullying



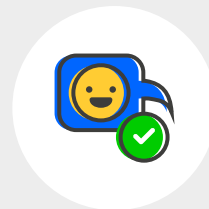
Set parental controls on devices your child can access - see our parental controls guide



Talk to your child about what it means to have friends and followers online. Are they real friends? Can they trust them?



Be aware that your child might start exploring romantic relationships. Talk about what they can safely share and who to trust



Encourage your child to be kind to others and think about the impact that words and actions can have



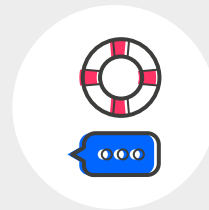
Talk to your child about what bullying is (hurting someone on purpose/several times over) and how people might bully others online



Encourage your child to tell you if they see or experience cyberbullying



Talk to your child about how they use the internet and what they enjoy



Tell your child that if they can't talk to you they should talk to a teacher at school or contact organisations like Childline

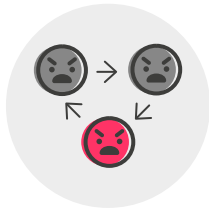
## Tips to deal with cyberbullying



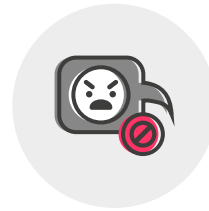
Don't jump to conclusions. Gently explore with your child what has gone on before the message or the post



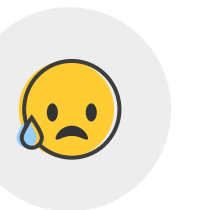
Stay calm if you find out your child is experiencing cyberbullying or cyberbullying others



Be aware that cyberbullying can be a continuation of, or a response to bullying already happening at school or elsewhere



Don't encourage your child to retaliate in any way that is angry, offensive or threatening



Be aware that all forms of bullying can make you feel very sad, afraid and alone. Reassure your child that together you will sort it out



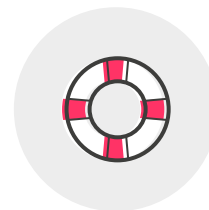
Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



Help your child to report any offensive content to the social media provider



Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves



Seek help. You could talk to your child's school or if your child feels harassed or threatened, the police. There are also charities like Kidscape that can give advice

### WANT MORE HELP?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying).

# Talking to 14+ year olds



## Before you start the conversation



Think about when and where is the best to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know



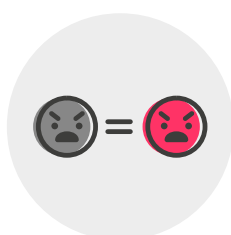
Having an honest relationship with your child is the first step in being able to tackle cyberbullying



Talk to them about their digital lives, just as you would their offline lives



A large majority of young people that have experienced bullying will never tell anyone or report it because of fear that it will not be taken seriously



Ditch the Label research found that those who have experienced bullying themselves are also twice as likely to go on and bully others



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

## Key warning signs



Aggressive behaviour



Self-isolation



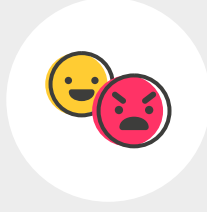
Lack of appetite



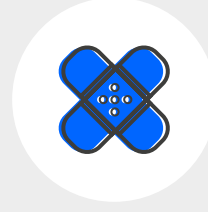
Hesitancy to go to school



Over consumption of the internet and online games



Sudden behavioural changes



Visible signs of self-harm

## Tips to prevent cyberbullying



Bring digital experiences up into normal, everyday conversations



Remember, there is often little distinction between what your children do online and offline



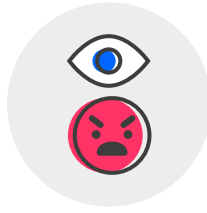
Remind your child that they should always treat others as they want to be treated



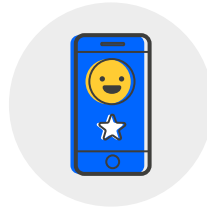
Talk about prominent cases of cyberbullying in the media and any trending apps or platforms as a starting point to discuss the issue



Discuss the potential consequences of what they say and do online, along with the 'stickiness' of the web. Once it's out there, it's very difficult to remove content



Talk about how they would deal with seeing someone else being bullied and what steps to take



Help them to understand that their behaviour in online environments should reflect their offline behaviour



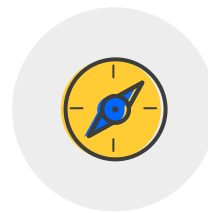
Check to see if they're aware of how to report or block people on the apps they use



Make them aware of places to turn for help like Ditch the Label who have a dedicated online support hub and community available at [www.DitchtheLabel.org](http://www.DitchtheLabel.org)



Encourage your child to set high privacy settings and not to connect with anybody who they don't know offline



Help them gain the social and critical skills they need to navigate the online world

# Tips to deal with cyberbullying



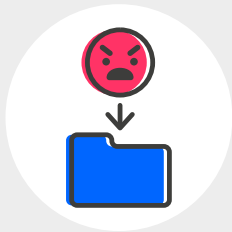
Listen to what they have to say and make sure they know you are taking it seriously



Help them feel empowered and supported to deal with the situation



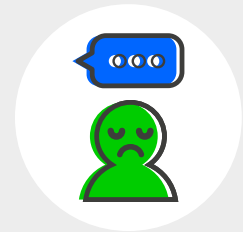
Ask them how you can help them, or what steps they want to take next



Collect evidence and together assess how serious the cyberbullying is by the impact it has had on your child

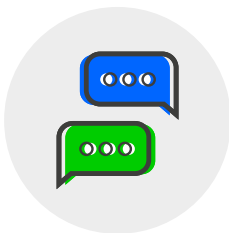


Report and block the perpetrator to the site's administrators/moderators



If they are the perpetrator, help them understand the impact of their actions, what to do to deal with consequences and change their behaviour. It's also important to show you understand why they are behaving in such a way

## What you can do next



Check in with them regularly



Be involved in their digital life, ask them to show you the apps / games they use



Be aware of the signs of cyberbullying and keep an eye on their behaviour



Create an environment where they feel safe to talk to you or a trusted adult about what they may be going through

### WANT MORE HELP?

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