

Advice for Parents/Guardians regarding Cyberbullying and E-Safety

USEFUL WEBSITES

Parents/guardians can seek further guidance on keeping children safe online (including from Cyberbullying) from the following organisations and websites:

Hot topics, Childnet International:

<http://www.childnet.com/parents-and-carers/hot-topics>

InternetMatters

<https://www.internetmatters.org/>

Parent factsheet, Childnet International:

<http://www.childnet.com/ufiles/parents-factsheet-09-17.pdf>

What are the issues? UK Safer Internet Centre: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/what-are-issues>

KidsHealth: Cyberbullying

<https://kidshealth.org/en/parents/cyberbullying.html>

HELPFUL TIPS

- **Educate Your Child:** Explain what cyberbullying is, how it can affect individuals, and why it's essential to treat others with respect online.
- **Encourage Open Communication:** Foster an environment where your child feels comfortable discussing their online experiences with you, including any negative interactions they may face.
- **Establish Clear Rules:** Set specific guidelines regarding internet and social media usage, including time limits and acceptable online behaviour.
- **Monitor Online Activity:** Keep an eye on your child's online interactions to ensure their safety while respecting their privacy. Consider using parental controls when appropriate.
- **Promote Kindness and Empathy:** Encourage your child to engage in positive interactions and to be supportive of their peers, highlighting the importance of kindness in all communications.
- **Familiarise Yourself with Platforms:** Take the time to learn about the apps and websites your child uses. Understanding these platforms can help you identify potential risks.
- **Utilise Privacy Settings:** Help your child set their social media profiles and accounts to private, limiting who can view their information and posts.
- **Teach Reporting and Blocking:** Ensure your child knows how to report and block abusive users or content across different platforms.
- **Be a Positive Role Model:** Demonstrate responsible and respectful online behaviour. Your actions can significantly influence your child's attitude toward their own online conduct.
- **Stay Informed:** Keep yourself updated on the latest trends, apps, and potential risks associated with online behaviour to better guide your child.
- **Encourage Critical Thinking:** Teach your child to think critically about the content they encounter online, including understanding the difference between real and false information.
- **Discuss the Importance of Digital Footprint:** Help your child understand that their online actions can have long-term consequences and the importance of maintaining a positive digital presence.

