

Cyberbullying conversation starters: Talking to 14+ years olds

Before you start the conversation



Think about when and where 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

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



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



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 to them about any prominent cases of cyberbullying in the media or about new trending apps or platforms



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

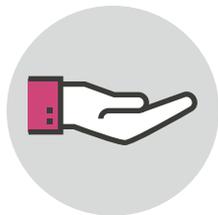


Check to see if they're aware of how to report or block people on the apps they use and encourage high privacy settings and not to connect with anybody they don't know

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



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



Help them feel empowered and supported to deal with the situation

Want more help?

For more information visit:
internetmatters.org/issues/cyberbullying

Helping parents keep their children safe online.

internet
matters.org