

Dear parents/carers,

As you may be aware, in school, we deal with cyberbullying reported by our students on a daily basis. Most of these incidents happen outside of school and the school hours.

Below are a few tips on what to do if your child is being bullied.

However, please be aware that most social media sites do not allow children under 13 to sign up. It is the parents /carers responsibility to make sure that their child does not open these accounts

What is cyberbullying?

Cyberbullying is bullying which takes place online. This can include:

- Sending threatening or abusive texts
- Creating and sharing embarrassing images/videos
- Creating fake accounts to embarrass a young person or cause trouble using their name
- Sending explicit messages, also known as sexting
- Excluding children from online games, activities or friendship groups
- Encouraging young people to self-harm
- Shaming someone online
- Trolling – the sending of upsetting messages on social networks
- Pressuring children into sending sexual images or engaging in sexual conversations
- Setting up hate sites/groups about a particular child
- Voting for or against someone in an abusive poll

What should I say if I suspect my child is being cyberbullied?

Answer: Recognise.

Explain to them what bullying is, and ask if anything like this has happened to them. Keep calm, and listen carefully to what they say. Remember to check in with them regularly. Remind them that they can talk to you about how they're feeling whenever they want.

What should I do if I suspect my child is being cyberbullied?

Answer: Talk to your child and block the person

Make sure your child knows how to block anyone who posts hateful or abusive things about them on each app or online service they use. You can usually find details of how to do this in the help or online safety area, under Settings.

Reporting bullying on social media and online gaming:

If the incident happens outside of school it is your responsibility to report it. If this is happening to your child or a child you know, you or the child can [report it online](#). You or your child can also contact the police by phone. Call [999](#) in an emergency or [101](#) at other times.