

# Safeguarding your child – **CYBERBULLYING**

Cyberbullying is when someone bullies others over the internet or on a mobile phone by sending abusive emails or texts directly or by posting nasty comments or humiliating images for others to see. Like any form of bullying, cyberbullying can be horrible for the children involved and hard for them to talk about.



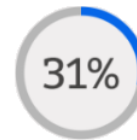
## Habits

children under 10 go online <sup>1</sup>



## Interests

of 7-11's use some form of online communication <sup>2</sup>



## Concerns

of 7-11's said mean comments stop them enjoying time online <sup>3</sup>

### Is my child being cyberbullied?

When children are being cyberbullied, they can find it very **difficult to talk about**. Research suggests that many children who are being cyberbullied **don't tell their parents**, so it's important to know how to **recognise the signs**. They can be hard to spot, but here are some things to **look out for**:

- Stopping using the computer suddenly or unexpectedly
- Seeming nervous or jumpy when an instant message, text message or email appears
- Avoiding school or socialising in general
- Being angry, depressed, or frustrated after using the computer
- Avoiding discussions about what they are doing on the computer
- Becoming withdrawn from friends and family members.

### Is my child a cyberbully

No parent wants to think their child is bullying someone else. But young people who may have never bullied anyone face-to-face **can get drawn into cyberbullying**. Sometimes without realising that is what they are doing. **It is important to be aware** that:

- Children might say things online that they wouldn't dream of saying to someone's face
- They might take part in a mean conversation on a social network without knowing how the recipient may feel.
- Most children who have directed a mean or cruel comment to someone online don't consider it cyberbullying,

Issues that may affect young children whilst online:



Cyberbullying



Online reputation



Online grooming



Inappropriate content



Online Pornography