



Beacon


Behaviour Support for Schools

Online Bullying: What It Is And How To Get Help

A done-for-you
presentation about
online bullying



Online Bullying Parents' Takeaway Sheets

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Key takeaways sheet for parents



Take away for parents:

Online Bullying is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles.

What to do if your child is being bullied online - our top tips

- 1. Make sure your child is safe** - reassure your child that they have done the right thing speaking to you and that you are going to help.
- 2. Talk and listen to your child** - find out what happened and listen to what they have to say.
- 3. Collect evidence** - take screenshots and recordings to use as evidence.
- 4. Inform the school** - the school will want to support your child. It is also possible that the other children involved attend the school.
- 5. Do not retaliate** - avoid responding emotionally. Do not retaliate! Show your child how to deal with this appropriately and calmly.
- 6. Report the bullying** - whichever app or gaming platform your child has been using will have a report function. It is important to use this and report the behaviour.
- 7. Help them to relax and take a break** - encourage your child to come away from social media for a while. Help them to recover by feeling good about themselves. Do something you both enjoy together.
- 8. Report videos immediately** - if an inappropriate video/photo of your child has been uploaded then report this immediately . The company can quickly remove the content and minimise the exposure that this video/image could get.
- 9. In serious cases, consider contacting the police** - bullying someone because of their gender, gender identity, sexuality, religious beliefs, race, skin colour or because they have a disability, is a hate crime and against the law.
- 10. Be positive** - teach your child how to use social media safely. If you're not sure yourself then you can learn together. Use the suggested websites to help learn more about each app/platform.

Key takeaways sheet for parents



Suggested websites:

These website have useful guides and helpful advice when dealing with Online Bullying.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

<https://www.internetmatters.org/issues/cyberbullying/resources/#help-for-parents>

<https://nationalonlinesafety.com/guides>