

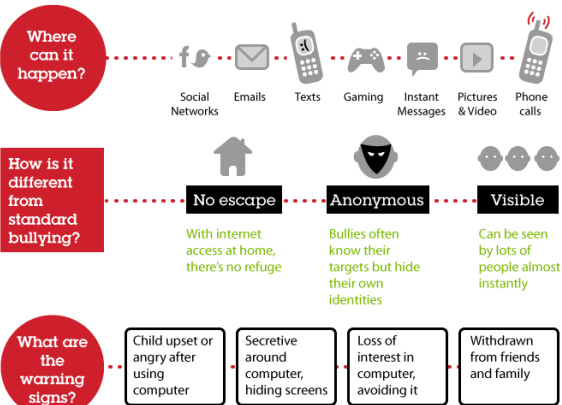
CYBERBULLYING

What it is, and how to protect your children

Advice for parents from  Barnardos

What is Cyberbullying?

Definition: An aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend himself or herself.



What Can I Do?

Tell your child to:

STOP

BLOCK

TELL

Don't reply

Block the sender

Tell a parent or teacher

As the parent, you should:

Find out when it started

Notify the school

Report to the website

Take records

Contact police

Take screen grabs, save messages
If any illegal activities are apparent

At home:



Keep the computers in a family room so activity is visible



Draw up a family agreement on computer use



Knowledge is power! Take a basic computer course

On the computer:



Set up user accounts for each family member

Password protect your computers

Ensure social network accounts are private

Install filtering and anti-malware software

Don't Panic - Remember

Cyberbullying can be tackled and there are positive steps you can take

1

Be involved in your child's online life

2

Don't be afraid to ask for help

3

Online bullies can often be traced

More help on cyberbullying from  Barnardos

- Schools Speaker
- Parent's Guide - free to download
- Online advice for teenagers

The tips in this graphic are a small extract from an expert presentation on cyberbullying by our schools speaker - contact us at the link below to talk about a visit to your child's school

Visit: www.barnardos.ie/cyberbullying