

Cyberbullying: how to keep your child safe

The signs of cyberbullying are not always obvious, so it's important to be aware of the risks of cyberbullying and how to talk to your child about staying safe.

- ✓ Talk to your child about cyberbullying and that they can come to you if they're worried.
- ✓ Remind your child not to post personal information online such as their address or the school they attend, and ensure privacy settings are set.
- ✓ Speak to your child's school for support and advice about how they deal with cyberbullying.
- ✓ Remind them not to share their passwords, even with their friends, but they can share them with you.
- ✓ Encourage your child not to respond or retaliate to bullying.
- ✓ Report and block the bullies.



For more help and advice visit
www.nspcc.org.uk/cyberbullying

or contact the NSPCC helpline on
0808 800 5000 to discuss any concerns