

1



TALK ABOUT IT

Find the right time to approach your child if you think they're being bullied

3



DON'T STOP THEM GOING ONLINE

Taking away their devices or restricting usage might make things worse and make your child feel more isolated

5



DON'T RETALIATE

Advise your child not to respond to abusive messages and leave conversations if they feel uncomfortable

7



KEEP THE EVIDENCE

Take screenshots in case you need them later as proof of what's happened

9



KNOW WHEN TO TAKE IT FURTHER

In extreme cases and if you feel your child is in danger then consider informing the police



SHOW YOUR SUPPORT

Be calm and considered and tell them how you'll help them get through it

2



HELP THEM TO DEAL WITH IT

If it's among schoolfriends, advise them to tell the person how it made them feel and ask to take any comments or pictures down

4



BLOCK THE BULLIES

If the messages are repeated block and report the sender to the social network or gaming platform

6



DON'T DEAL WITH IT ALONE

Talk to friends for support and if necessary your child's school who will have an anti-bullying policy

8



DON'T STOP WHEN THE BULLYING STOPS

Keep talking to your child and consider whether counselling could help them deal with the consequences

10