

In line with Anti-Bullying week, this newsletter is going to highlight the importance of discussing bullying online with your child.

It is incredibly important to talk to your child about how they behave online, if they choose to use technology to call somebody names or spread hurtful rumours then they are involved in online bullying. Talk to your child, ask them how they would feel if the same was said or done to them?

### What are your children saying online?

It can be very easy for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your children about how they are speaking to others online. Childnet have some great advice in response to two key questions your child might ask:



### What makes a good friend online?

<https://www.childnet.com/young-people/primary/get-answers/what-makes-a-good-online-friend>

### What should I do if someone is mean to me?

<https://www.childnet.com/young-people/primary/get-answers/what-should-i-do-if-someoneonline-is-mean-to-me/>

### What can I do if my child is getting bullied?

Explain to them what to do if somebody is mean to them online, explain that they shouldn't respond to them. Show them how to use reporting tools and emphasise they should always talk to a trusted adult. NSCC have listed their tops on how to cope and what you should do:

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

### Further Information

There is a lot of information available online containing lots of advice and where to seek additional support.

- <https://www.nationalbullyinghelpline.co.uk/cyberbullying.html>
- <https://respectme.org.uk/adults/online-bullying/>
- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>
- <https://www.childnet.com/parents-and-carers/hot-topics/cyberbullying>

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