



Cyberbullying: When Your Child is the Victim

Cyberbullying is bullying that occurs when online technology is used as a means to hurt or upset someone on purpose and repeatedly*.

Sometimes, victims of cyberbullying do not share what they are going through with adults. It is important to watch out for signs and have conversations with your child to find out more and understand what they are experiencing.

* Sharing or resurfacing a single post is also a form of repetition.



Cyberbullying can take the form of:



Insulting the victim



Uploading content (e.g. photos, videos) intended to cause distress to the victim



Excluding the victim from an online group

! Signs that your child is being cyberbullied:

Sudden changes in temperament



Becomes upset or anxious, especially when receiving messages or using devices.

Social withdrawal



Becomes less sociable than usual around family and friends.

Changes in daily activities



Spends less time on the activities they used to enjoy.





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Things you can do if your child is exhibiting signs of being cyberbullied:

Have a conversation with your child to understand what they are experiencing. Maintaining open communication provides your child with assurance that they have a support network that they can depend on.

You can use **C.H.E.E.R.** to help guide your conversation.



Calm them down

Speak in a gentle tone.



You seem upset. Let's sit down and talk about it.



Hear them out

Lend them a listening ear.



It can be difficult to talk about being bullied. I want to understand how it's been for you so we can figure out what we can do together.



Empathise with their feelings

Acknowledge their feelings.



I see that you have been hurt by their actions. How about using I-Messages* to let them know that you are upset by what they posted? Sharing how you feel may help resolve any misunderstandings.



Encourage them to seek help

If it seems that the problem is beyond what your child can manage on their own, recommend reaching out for additional support.



It seems like this has been going on for a while and is bothering you a lot. Let's get some help to resolve the matter.



Reassure them

Let them know that you will always be there to support them and listen to their problems.



I'm always here for you. If this happens again or whenever you feel bothered by it, I'm here to listen.

Your child may not want to talk about their problem if they are afraid of getting someone else into trouble, or if they feel that confiding in someone may make the bullying worse. Reassure them that you only wish to have a better understanding of the situation so that you can keep them safe.

* I-Messages are used to communicate one's feelings and needs to others clearly and respectfully. For example, "I felt upset [feeling] when you posted that photograph of me making a funny face together with a caption that made me look silly [upsetting action]. I would need you to remove the photo, please [suggested solution]."



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How can your child deal with cyberbullying?

Introduce the **Stop, Save, Block, Tell, Report** strategy to your child to help them better deal with cyberbullying incidents.



Stop

Ask your child to STOP engaging in online activities that make them feel uncomfortable or hurt.



Save

Ask your child to SAVE and share all offensive content (e.g. emails, instant messages, text messages, videos or photos) with a trusted adult. This can be kept as evidence of cyberbullying, should there be a need to take action in the future.



Block

Ask your child to cut off all communication with the cyberbully. They can consider using available features to BLOCK specific people in their contacts.



Tell

Affirm your child when they TELL you about the situation.



Report

Guide your child in using social media self-reporting features to combat the cyberbullying and online harassment. If their personal safety or reputation is threatened, REPORT the case to the police together. Inform your child's school of the situation so that support can be given in school.