



Cyberbullying: When Your Child is the Bully

If you suspect that your child is cyberbullying others, remain calm and try to find out more from them.

✓ How can you manage the issue?



1 Ask questions

Try to gain a better understanding of what happened and their reasons for acting in that way.

What was going through your mind during that incident?

Why did you choose to act this way? Was there a better way for you to approach the situation?



3 Explain and enforce consequences for their behaviour

In addition to apologising to the victim, other consequences may include taking away their phones or all devices for a specified duration of time. Be firm and follow through on the consequences.



2 Let them know bullying is unacceptable

It is important for your child to understand that bullying is harmful. Remind your child of the importance of upholding good values and showing care and support for others.

You can use I-Messages* to discuss the situation and let your child know how you feel about their behaviour.

I feel disappointed that you posted mean things about your classmate. How would your classmate feel about this? How would you feel if the same thing happened to you?

I am glad you realise that it is not right to bully others. Let's discuss how you can make the situation better. Would you consider apologising to the person you have hurt? What else can you do?



4 Monitor your child's online activities

To ensure that your child does not continue or repeat their bullying behaviour, monitor your child's activities online (e.g. their text messages, social media posts and interactions with others). You can use in-app parental controls or safety features to aid you.



5 Reach out for extra support

If necessary, you can approach your child's school for additional support and guidance.

* 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]."

