

Contact Information, if you need help!

Parent line plus

Parent line plus is a national charity that works for, and with, parents.

0808 800 222 or email them at
parentsupport@parentlineplus.org.uk

Child line

Child line is the UK's free confidential helpline for children and young people. Call child line on 0800 1111 or visit

www.childline.org.uk

Cyber mentors

Cyber mentors are a safe safe social networking website providing information and support for young people affected by bullying

www.cybermentors.org.uk

Kidscape Kidscape

Kidscape works in the UK to provide individuals and organisations with the practical skills and resources necessary to keep children safe from harm.

Call 08451 205204

www.kidscape.org.uk

CEOP - The Child Exploitation and Online Protection Agency

Useful websites for children and parents

http://www.thinkuknow.co.uk/5_7/hectorsworld/

http://www.thinkuknow.co.uk/8_10/

<https://www.thinkuknow.co.uk/parents/>

<http://ceop.police.uk>



Raising Awareness of Cyber Bullying

A guide for Parents



The Sign's of Bullying and Cyber Bullying

Children can show signs that they might be the victim of bullying for example they start to come home sad, being moody, silent or they begin to bully another child (sibling). They also make excuses to miss school, such as stomach complaints or headaches (or your child may be skipping school altogether). Also they will stop going on the Internet as a fun activity.

Preventing Cyber Bullying

- Agree on family rules and procedures about what to do if someone is being cyber bullied, such as saving the message or text as evidence and telling a trusted adult.
- With your children, explore the online technologies and websites they like to use.
- Become your child's friend on Skype, Instagram, Facebook and Twitter.
- Have your child show you, or learn together, how to block someone on a chat service like Facebook or how to report abuse to a website or service provider.
- Encourage positive use of technology by helping your child to use it to support learning, socialising with friends and explore the wider world.
- Discuss and promote responsible online behaviour and reward your child for this. Tell them this means:
 - Respect others online, treat them how you would like to be treated.
 - Only post or write things online and in text messages that you'd be happy for anyone to see.
 - Use appropriate language when chatting or playing games online.
 - Pay close attention to a website's terms and conditions and make sure you're old enough to be using a site online service.
- Support your child in making responsible decisions on the Internet and when using a mobile phone, make sure they are aware of the types of photos and other contents that are appropriate to post online (e.g. no photos in a school blazer or sports uniform).

Key Safety Advice for Children and Young People

- Always respect others, be careful what you say online and what images you send.
- Think before you send, whatever you send can be made public very quickly and could stay online forever.
- Only give your mobile number or personal website address to trusted friends.
- Block the bully. Learn how to block or report someone who is behaving badly.
- Don't retaliate or re-play.
- Save the evidence. Learn how to keep records of offending messages, pictures or online conversations.

Key Safety Advice for Parents

- You should take some of your spare time with your child and talk to them about what cyber bullying is and you should tell your child what it is about.
- You can go on the Internet and you can look up tips on how to prevent Cyber Bullying.
- The law suggests that you have to be 13 to be able to use websites such as Facebook and Twitter.