

# #STOPCYBERBULLYING

## WHAT IS CYBERBULLYING?

Cyberbullying is any bullying which takes place online, and can follow a child around through their social media or mobile phone. Cyberbullying can include trolling, sending threatening texts, shaming someone online and encouraging a young person to self harm.

## WHAT ARE THE SIGNS?

No child is the same, but there are common signs to look out for when your child is being bullied online. Are they withdrawn? Are they struggling to concentrate? Do they hide their devices? Are they struggling to eat or sleep? Are they scared to go to school?

## IF YOUR CHILD IS BULLYING:

Explain how bullying can make someone feel and help them realise how their actions affect someone's well-being. Explain the next steps you will take, such as telling a teacher, and talk through what you expect your child to do next - like apologising. Ask if your child needs any support to change their behaviour or has more questions about cyberbullying. It's important to encourage positive behaviour online by explaining to your child why they should treat people with respect and kindness online, like in person.

## WHY IS IT HARMFUL?

When someone is cyberbullied, they often feel as though there is no escape from the abuse. The effects of bullying can stay with us throughout life. Children who experience cyberbullying may develop mental health problems, have low self-esteem or struggle to make friends.

## WHAT SHOULD YOU DO?

Speak calmly to your child about cyberbullying and keep checking in. Your child may feel scared or embarrassed about being bullied. It's important to let them know that they can talk to you. If they are uncomfortable opening up, suggest they speak to another trusted adult, like a teacher. You can also take practical steps like reporting behaviour on social media platforms and talking to your child's school.

## WHERE CAN I GO?

Head to [thinkuknow.co.uk](http://thinkuknow.co.uk) for support on how to report incidents, or [NSPCC.org.uk](http://NSPCC.org.uk) for more information on how to keep children safe from cyberbullying. [bekindtomymind.co.uk](http://bekindtomymind.co.uk) provides mental health support for young people across Bolton and [childline.org.uk](http://childline.org.uk) provides anonymous support for all children and young people in the UK.

MY  
FIRST  
PHONE



Bekindtomymind

Bolton Together

Bolton Council YOUTH LEADS.

This poster has been produced by Youth Leads UK, funded by Bolton Together & Bolton Council Public Health and supported by Bolton College, Essa Academy & Ladybridge High School.