

A young boy with dark hair is lying in bed, looking down at a smartphone. The phone is on a brown blanket and shows a lock screen with the time 9:41. The background is a soft-focus bedroom setting.

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# Bullying's changed. Your advice should too.

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ON **CYBERBULLYING**

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# Protect your child from cyberbullying

Bullying has changed and can now happen anywhere, anytime. Help protect your child from the lasting effects of cyberbullying by learning how to help them deal with it.

## Top tips to deal with cyberbullying

### 1. Talk about it

Find the right time to approach you child if you think they're being bullied



### 2. Show your support

Be calm and considered and tell them how you'll help them get through it



### 3. Don't stop them going online

Taking away their devices or restricting usage might make things worse



### 4. Help them to deal with it themselves

If it's among school friends, advise them to tell the person how it made them feel



### 5. Don't retaliate

Advise your child not to respond to abusive messages and leave conversations if they're uncomfortable



### 6. Block the bullies

If the messages are repeated block and report the sender to the social network or gaming platform



### 7. Keep the evidence

Take screenshots in case you need them later as proof of what's happened



### 8. Don't deal with it alone

Talk to friends for support and if necessary contact your child's school



To find out more visit: [internetmatters.org/cyberbullying](https://internetmatters.org/cyberbullying)