



Cyber bullying

No parent would like to think that their child could be bullying others. Yet one in seven UK children has admitted to bullying others online, according to research by Action for Children in 2015.

One brave parent has shared her story on the BBC news website, explaining how she found out her child was bullying others, and the steps she took to help them. “You want to trust your children, but they can get themselves into situations that they can't get out of,” she explains.

Carolyn Bunting of Internet Matters offers the following five tips to parents:

- Establish the facts around the incident and establish why your child is expressing these feelings online
- Make clear to the child that there is distinction between sharing content 'because it's funny' versus the potential to cause offense or hurt
- If the bullying was done in retaliation, make it clear that two wrongs do not make a right
- Instead of taking away devices which could encourage the child to try to find other ways to get online, consider restrictions on use and loss of other privileges
- Always be a good role model yourself and think about what you share and comment online

Link to BBC website parent story

<http://www.bbc.co.uk/news/amp/38529437>