

# CYBERBULLYING

What it is, and how to protect your children



Advice for parents from Barnardos

## What is Cyberbullying?

**Definition:** An aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend himself or herself.

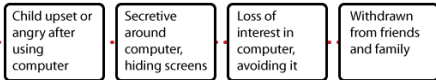
Where can it happen?



How is it different from standard bullying?



What are the warning signs?



## What Can I Do?

Tell your child to:



Don't reply

Block the sender

Tell a parent or teacher

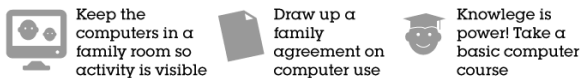
As the parent, you should:



Take screen grabs, save messages

If any illegal activities are apparent

At home:



On the computer:



## Don't Panic - Remember

Cyberbullying can be tackled and there are positive steps you can take

1

Be involved in your child's online life

2

Don't be afraid to ask for help

3

Online bullies can often be traced

More help on cyberbullying from Barnardos

- Schools Speaker
- Parent's Guide - free to download
- Online advice for teenagers

The tips in this graphic are a small extract from an expert presentation on cyberbullying by our schools speaker - contact us at the link below to talk about a visit to your child's school

Visit: [www.barnardos.ie/cyberbullying](http://www.barnardos.ie/cyberbullying)