

Avoiding Cyberbullying

- 1) Encourage your child to talk about how they use their mobile phone. If they seem distressed after a phone call, discuss the topic of malicious calls and messages – then work out what you can do together.
- 2) If your child knows the sender and attends the same school as they do, contact the child's class teacher as soon as possible, even if the phone calls and text messages happen outside the school gates. If the sender goes to a different school and you know which one, contact the Head Teacher or the Deputy Head Teacher about it; ask to see their Anti-Bullying Policies for guidance.
- 3) Keep a record of all calls and text messages made to and from your child's phone and any calls you make in response to these.
- 4) Change your child's mobile number as soon as possible. This service is usually free.
- 5) Contact your mobile phone or internet service provider to report bullying. They usually operate a helpdesk as part of their Customer Services Department.
- 6) Report Cyberbullying or other bullying in the community to the Police if you feel that a law has been broken: if you feel that your child is suffering from harassment, for instance, or that the content of phone calls or messages received is illegal.
- 7) Building your child's self-esteem will help them to be more resilient. Helping them to identify coping strategies will stand them in good stead throughout their lives