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IT'S GROWING

One in five 13-18 year-olds claim to have experienced cyberbullying



2

THE INTERNET NEVER SLEEPS

Cyberbullying can reach children anytime and anywhere

3

IT'S EASY TO DO

Even children who've never been involved in bullying can post or share something without thinking

4

IT CAN BE ANONYMOUS

Although it's easy to keep the evidence, it's harder to know who's behind it

5

TALK ABOUT IT

If your child uses social media don't wait until it happens to discuss it with them



6

BEWARE WHEN THEY SHARE

Discuss what children should share online and how this could invite bullies

7

CONTROLS CAN HELP

Set parental controls on their devices and ensure privacy settings are at the highest level on social media



8

EXPLORE FOR YOURSELF

Learn about the apps, social networks and online games your child uses and what they could be exposed to

9

TAKE IT SERIOUSLY

Check in with your child and be mindful of signs that they may be getting bullied

10

BLOCK AND REPORT

Teach your child what to do if they want to prevent or report abusive messages

