

# Bullying's changed. Your advice should too.

GET EXPERT ADVICE  
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](http://internetmatters.org/cyberbullying)