

HELPING YOUR CHILD MANAGE CYBER BULLYING

What is Cyber Bullying?

Cyber bullying occurs when electronic gadgets like mobile phones, computers; social media, and Internet services are used as a means to intentionally hurt someone in cyberspace.

With cyber bullying, negative content can be shared, saved, and spread online, and a victim can be bullied 24/7.

What Parents Can Do to Prevent Cyber Bullying

- Be informed and aware of cyber trends and issues
- Participate in the digital world with your child
- Teach your child to be respectful online
- Have open discussions with your child

If my child cyber bullies ...

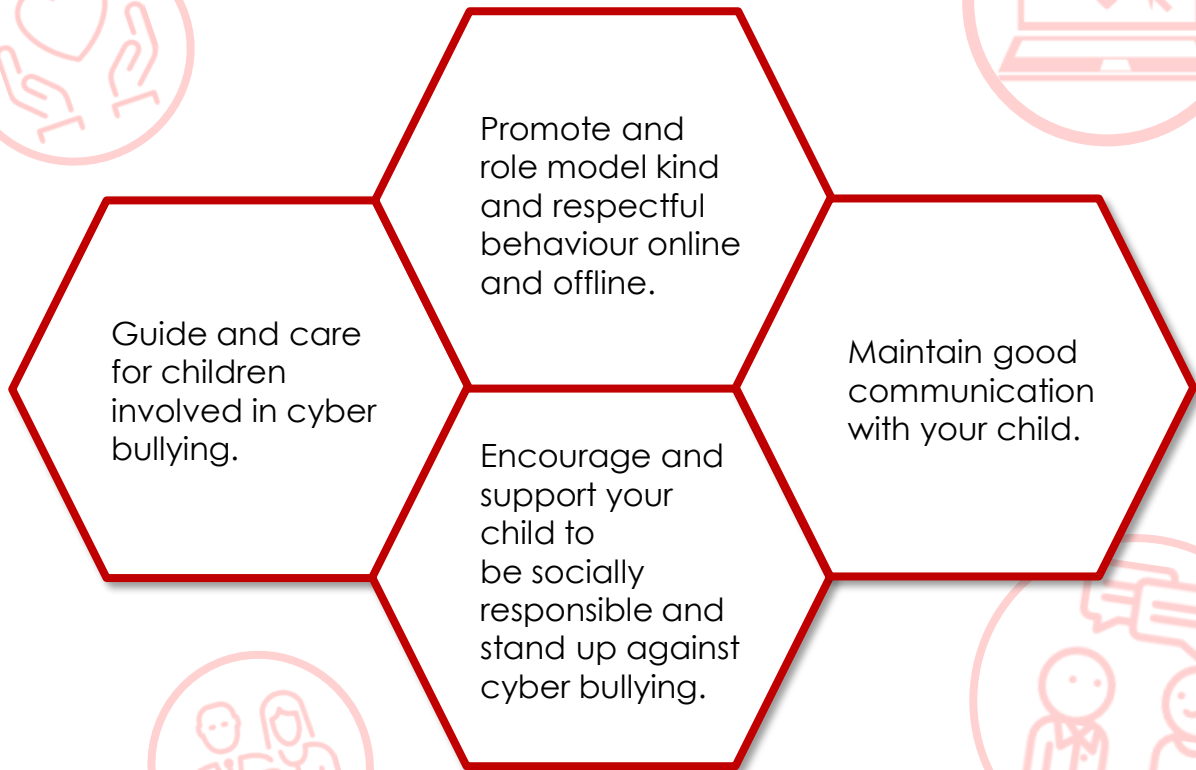
- **Recognise the Problem**
Acknowledge that your child may be a cyber bully. Do not dismiss the seriousness of the issue or attempt to justify his/her actions.
- **Stop his/her Actions**
Ensure that your child does not continue with bullying activities. Be firm about stopping any offensive actions directed at others be it online or offline.
- **Imbue a Sense of Empathy**
Nurture a sense of compassion in your child. Ensure that your child understands the consequences of his/her actions from the victim's point of view. Encourage your child to make amends with the victim. Equip your child to better manage his/her emotions and relationships.

If my child is cyber bullied

- **Understand the Situation**
Remain calm and listen closely to your child's concerns. Understand the context in which the bullying occurred before making any conclusions.
- **Be Supportive**
Ensure the well being of your child by providing social and emotional support.
- **Take Actions**
Talk to a teacher at your child's school and involve your child in resolving the issues. Save the evidence and ask the service provider to remove the online content. Equip your child to cope with future challenging online situations.



KEY MESSAGES TO PARENTS



Where to Find More Information on Managing Cyber Bullying?



Tipsheet: Say No to Cyberbullying

Check out tips from Digital For Life portal on how parents can protect their children from cyber bullying and encourage them to be kind online.

<https://www.digitalforlife.gov.sg/home/learn/resources/all-resources/tipsheet-say-no-to-cyberbullying>



Health Promotion Board

The Healthhub website provides advice for offline and online activities, including tips to manage cyber bullying.

https://www.healthhub.sg/live-healthy/dealing_with_cyber-bullies

