
CYBERBULLYING



SOME SIGNS TO WATCH
OUT FOR IN KIDS

Secretive about
their online
activities and
mobile phone
use

Drastic changes:
withdrawn,
anxious, sad,
distressed, or
angry

Upset, nervous,
or anxious after
using the
internet or their
mobile phone

Avoiding
school
or clubs

Abrupt,
unexpected
changes in
circles of
friends



TIPS TO PREVENT CYBERBULLYING

Take interest in your kid's social media life

Ask them to help you learn more about technology and how they use it to connect with others. Their online identity may be just as important to them as any other aspect of their life.

Lead by example

Discuss online healthy habits, limit screen time, encourage constructive and positive connections. Sometimes kids do not speak up because they may be afraid of losing internet privileges- remember to keep the communication lines open so they feel confident in divulging any bullish behaviour.

Snitching versus Reporting

Often kids are afraid of reporting cyberbullying for the fear of being labelled a snitch. Make sure your kids know the difference between:

- telling on someone to get them into trouble (snitching) and
- sharing information to help someone or to keep them safe (reporting).

