

# Talking to 14+ year olds



## Before you start the conversation



Think about when and where is the best to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know



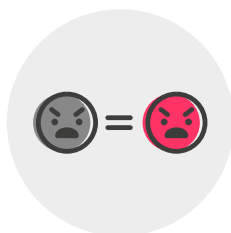
Having an honest relationship with your child is the first step in being able to tackle cyberbullying



Talk to them about their digital lives, just as you would their offline lives



A large majority of young people that have experienced bullying will never tell anyone or report it because of fear that it will not be taken seriously



Ditch the Label research found that those who have experienced bullying themselves are also twice as likely to go on and bully others



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

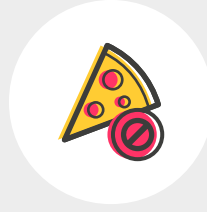
## Key warning signs



Aggressive behaviour



Self-isolation



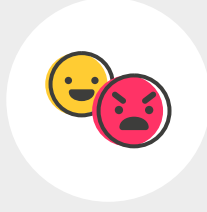
Lack of appetite



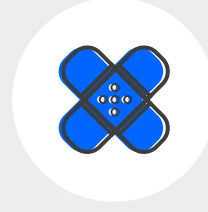
Hesitancy to go to school



Over consumption of the internet and online games



Sudden behavioural changes



Visible signs of self-harm

## Tips to prevent cyberbullying



Bring digital experiences up into normal, everyday conversations



Remember, there is often little distinction between what your children do online and offline



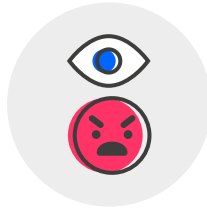
Remind your child that they should always treat others as they want to be treated



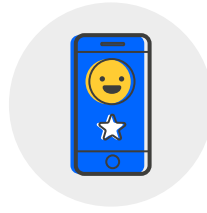
Talk about prominent cases of cyberbullying in the media and any trending apps or platforms as a starting point to discuss the issue



Discuss the potential consequences of what they say and do online, along with the 'stickiness' of the web. Once it's out there, it's very difficult to remove content



Talk about how they would deal with seeing someone else being bullied and what steps to take



Help them to understand that their behaviour in online environments should reflect their offline behaviour



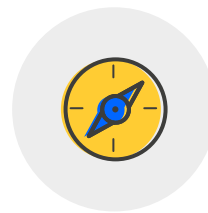
Check to see if they're aware of how to report or block people on the apps they use



Make them aware of places to turn for help like Ditch the Label who have a dedicated online support hub and community available at [www.DitchtheLabel.org](http://www.DitchtheLabel.org)



Encourage your child to set high privacy settings and not to connect with anybody who they don't know offline



Help them gain the social and critical skills they need to navigate the online world

# Tips to deal with cyberbullying



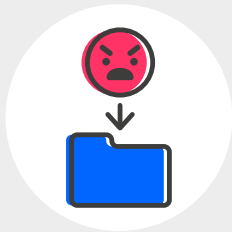
Listen to what they have to say and make sure they know you are taking it seriously



Help them feel empowered and supported to deal with the situation



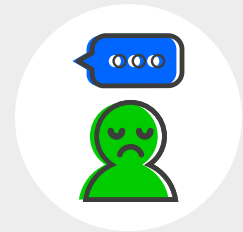
Ask them how you can help them, or what steps they want to take next



Collect evidence and together assess how serious the cyberbullying is by the impact it has had on your child

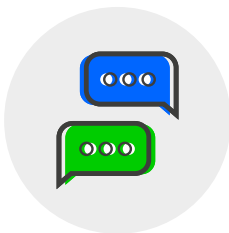


Report and block the perpetrator to the site's administrators/moderators



If they are the perpetrator, help them understand the impact of their actions, what to do to deal with consequences and change their behaviour. It's also important to show you understand why they are behaving in such a way

## What you can do next



Check in with them regularly



Be involved in their digital life, ask them to show you the apps / games they use



Be aware of the signs of cyberbullying and keep an eye on their behaviour



Create an environment where they feel safe to talk to you or a trusted adult about what they may be going through

### WANT MORE HELP?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying).