



## Cyberbullying (Bullying Online)

Cyberbullying is a form of bullying that includes sending abusive or threatening texts, setting up a fake profile on a social networking site, posting rude or derogatory comments on a social networking site or a blog or posting videos or pictures of bullying or physical harm on web sites.

### What to look out for

The signs are similar to other forms of bullying:

- Your child may be more withdrawn and quiet at home
- They may start to become more anxious than usual
- They may skip school and or lessons or stop some of the activities that they usually enjoy
- Their friends may change and there may be friction, bad behaviour and in some cases physical violence



- Talk to someone at school and ask for the anti-bullying policy which will set out how they deal with instances of bullying – cyber or otherwise
- Talk to your child, just as you would about regular bullying, and explain how you are going to tackle it
- Encourage your child to go to [www.cybermentors.org.uk](http://www.cybermentors.org.uk), a website supporting children who are being cyberbullied
- Keep evidence of texts, emails or postings; you can save 'screen shots' of postings on their social networking site, and block or report people