### **HELPING YOUR CHILD MANAGE CYBER BULLYING**

### What is Cyber Bullying?

Cyber bullying occurs when electronic gadgets, such as mobile phones and 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 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

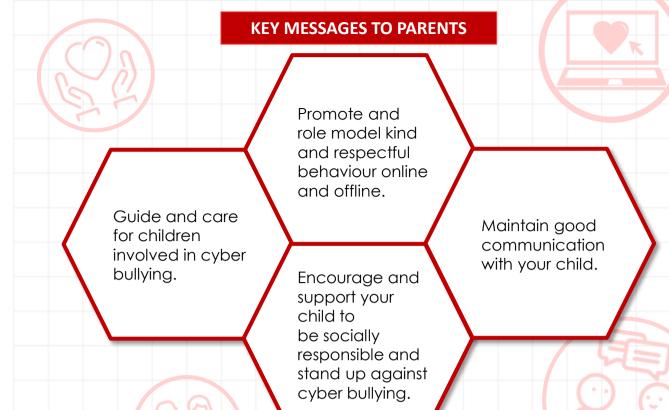
      Nurture a sense of compassion in your child. Ensure that your child understands the consequences of ins/her actions from the victim's point his/her actions from the victim's point of view. Encourage your child to make amends with the victim. Equip your amends with the victim. Equip your child to better manage his/her 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.









## Where to Find More Information on Managing Cyber Bullying?



#### **MOE Cyber Wellness portal**

MOE's Cyber Wellness Portal has useful tips, strategies and resources on various cyber issues. You can also access it through "The ICT Connection" mobile app.

ictconnection.moe.edu.sg/cyber-wellness



#### Ministry of Social and Family Development

Check out the What Bothers Youth portal by Central Youth Guidance Office which has some useful tips and contacts for cyber bullying.

whatbothersyouth.sg/en/Pages/Cyber-Bullying.aspx



#### **Media Literacy Council**

Check out tips from the Media Literacy Council on how bystanders and parents can help the victims of cyberbullying.

medialiteracycouncil.sg/online-safety/Pages/cyber-bullying.aspx



### **Health Promotion Board**

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

healthhub.sg/live-healthy/213/dealing\_with\_cyber-bullies





