

How will I know?

Pay attention if your child...

- Seems nervous when new text, email or instant message arrives
- Is hesitant about leaving the house
- Seems angry, frustrated or depressed after using the computer or mobile phone
- Secludes themselves and avoids contact with family and friends and is reluctant to socialize
- Begins to struggle in school
- Lack of appetite or trouble sleeping

How can I help?

Place the computer in an open area in your home

Pay attention to other computers, games consoles and other internet enabled mobile devices that are in your home

Discuss Privacy settings and ensure they don't include any personal information in their online profiles

Establish consequences for bullying behavior

Discuss Cyberbullying with your child to see if they have experienced it or know anyone who has ever experienced Cyberbullying

Don't allow the overuse of social networking and make sure to monitor their use

Ensure that your child is aware of what to do if faced with Cyberbullying

Remind them they can always ask for help



Letterkenny YIC

Youth Information Centre provides a free, confidential information service to young people and those who work with them.

As part of our service we offer seminars in Internet Safety and Cyberbullying to both school and youth groups, teachers and parents.

We also offer one-to-one consultation for parents or young people also who have concerns over safety settings or any other issues also.

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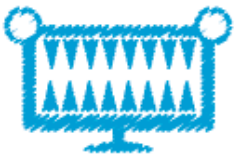
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Cyber Bullying



information
for parents





What is Cyberbullying?

Cyberbullying is a form of bullying which is carried out through an internet service such as email, chat room, discussion group, online social network, instant messaging or web pages.

It also includes bullying through mobile phone technologies such as texting.

Forms of Cyberbullying

Text Messaging

unwelcome or threatening texts

Picture or Video clips

embarrassing or inappropriate images

Phone calls

silent calls or abusive messages

Online chat rooms

menacing or upsetting comments

Instant Messaging

hurtful or intimidating real time messages

Creation of Websites

False or defamatory websites about an individual

Social Networking

False information or isolation in social Media



Top tips

If your child is bullying online

Explain to your child that Bullying is unacceptable behavior, and talk about possible ways they can deal with the situation

Try to find out why they are doing it
Did something happen to make them act this way?

Explain the severity of their actions

Learn about relevant legal issues

Ask them to stop bullying immediately

Increase your knowledge of technology

Monitor their internet and mobile phone activity, or take them away altogether if necessary

If you or our child need any additional help you should contact us and we will help you access the appropriate services



If your child is being Cyberbullied

Try to understand exactly what has happened

Do not delete messages, document and keep any evidence of bullying

Your child's school can offer support and if bullying is from someone outside of school then contact the Gardai

Try to learn more about the computer and internet, the more you know the better you will be able to understand what your child is going through

Contact your internet service provider as they can often block a cyberbully

Discuss the option of changing your child's phone number if needs be

Encourage your child to talk about what is happening and keep a diary or a record of what's happening

Do not respond or try to take the law into your own hands