

5 WAYS TO HELP YOUR CHILD STAY SAFE WHEN IT COMES TO ONLINE BULLYING

respectme works with all adults involved in the lives of children and young people to give them practical skills and the confidence to respond to disclosures, concerns and incidents of bullying behaviour.

In the coming weeks, children and young people may spend more time than usual online at home. For most, the internet will remain a fun and helpful tool to stay connected, however increased time online also comes with risks, and in times of uncertainty incidences of prejudice-based bullying and hate crime can rise. Here are our five top tips to help keep your child safe when it comes to online bullying:

1. Talk to your child about their online behaviour.

Ask your child to think about how they act towards people online, and how their behaviour might make others feel.

Many people online will feel anxious or worried right now. Emphasise the importance of showing kindness and respect.

2. Learn about the games and apps your child is using.

Take an interest in how your child uses the internet, what they do online and which platforms they use. The better your understanding, the better position you are in to support them with privacy settings and blocking or removing content.

NSPCC Net Aware provides great tips to increase your knowledge of online settings.



3. Explain to your child what 'hate crime' is.

Hate crime is 'behaviour that includes prejudice or discrimination related to race or ethnicity, religion or beliefs, disability, gender identity and sexual orientation.'

In times of uncertainty, we can see a rise in hate crimes. Prevent your child from doing or saying something illegal online by explaining what hate crime is and the consequences it can have.

4. Help your child identify ways to cope with bullying.

Online bullying can be just as upsetting as face to face bullying. If your child tells you they are being bullied online help them find positive ways to cope with the situation until it stops. You could help them remove hurtful content or spend less time online.

Ask them what they would like to happen and how you can support them. This will help them build resilience and a sense of control over the situation.

5. Let your child know how and where to get help.

Tell your child you are always there to support them and remind them of other adults and family members they can speak to.

If they would like to speak to someone anonymously, they can contact **Childline Scotland** on **0800 1111**.



Link to External Support

1. [Childline Scotland](#) provides advice to children on how to cope and deal with bullying.
2. [Internet Matters](#) gives practical tips and advice on internet settings and parental controls.
3. [NSPCC Net Aware](#) provides reviews and guidance on the most popular social networks, apps and games that children use.
4. [NSPCC Scotland](#) provides bullying and online bullying advice for parents and carers.
5. [Parentline](#) provides advice to parents and carers on how to deal with bullying.

For more information, visit the ['Guidance for Adults'](#) section of the [respectme website](#).