

Child Protection Committee



South Lanarkshire

**Working together
to keep children safe**

Cyberbullying

Information and advice
for children, young people
and parents/carers



What is cyberbullying?

Cyberbullying is bullying that takes place online. Cyberbullying can occur through SMS, text, apps or online in social media, forums or gaming. Cyberbullying can also be known as online bullying and can take place any time day or night.

This can involve posting:

- 👁️ **Rumours/false stories about you**
- 👁️ **Threats towards you**
- 👁️ **Sexual remarks**
- 👁️ **Personal information about you**

Here are some top tips to deal with cyberbullying.

For children and young people

- 👁️ **Tell someone:**
Tell your parent/carer, or someone you trust. This could be an adult you trust or one of your friends.
- 👁️ **Block the bullies:**
Block the individual and report them to an appropriate platform.
- 👁️ **Don't retaliate:**
Don't respond to any nasty or abusive messages or comment on photos or videos.
- 👁️ **Keeping the evidence:**
Take screen shots of what people are saying, it can help you when you tell someone.

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For parents/carers

Recognise:

Be aware of any change in your child's mood or behaviour and if this is linked to them using their devices.

Be engaged:

Talk to your child about their online world and make sure they know they can share anything with you.

Be supportive:

Remain calm and be clear you will support them through it.

Report it:

Most social media platforms have processes for reporting cyberbullying or any other concerns you may have. Support your child through this process.



Useful links for parents

www.stopbullying.gov.uk

www.internetmatters.org

www.thinkyouknow.co.uk

More useful links

www.childnet-int.org

www.kidsmart.org.uk

www.iwf.org.uk

www.ceop.police.uk

www.childprotectionsouthlanarkshire.org.uk

This leaflet has been produced by South Lanarkshire Child Protection Committee, with acknowledgement to North Lanarkshire Child Protection Committee and internetmatters.org.uk for use of their material.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: 0303 123 1015

Email: equalities@southlanarkshire.gov.uk

www.childprotectionsouthlanarkshire.org.uk