

HOW TO BE A TRUSTED ADULT

RESPONDING TO CYBERBULLYING INCIDENTS

Stay calm.
Stay informed.
Stay supportive.

So your child has just told you that they are being cyberbullied. Now what do you do?

STEP ONE

STOP

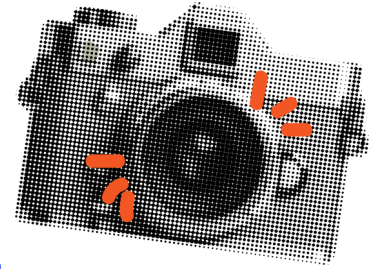


Take a deep breath and remain calm. Your reaction sets the tone for how your child will handle the situation.

Why? Overreacting can make your child reluctant to share details or seek help in the future.

STEP TWO

LOOK



What to do:

1. Gather Evidence:

Take screenshots or photos of bullying messages, images, or interactions.

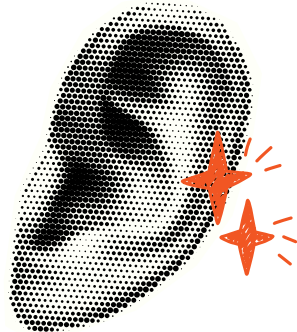
2. Record Details:

Write down key information such as dates, times, and the platforms involved.

Why? Evidence is crucial for reporting the incident to the school, platform, or authorities.

STEP THREE

LISTEN



What to do:

1. Create a safe space for your child to share their experience.

2. Let them express their feelings without interruption.

3. Show empathy by acknowledging their emotions: "That sounds really upsetting. I'm so sorry you're going through this."

Why? Listening without judgement reassures your child they are not alone and builds trust for future issues.

STEP FOUR

ACT



What to do:

1. Report the Bully: Help your child report the bullying to the platform or app where it occurred.

2. Block the Bully: Show them how to block the user to prevent further contact.

3. Involve the School: If the bully is a classmate, inform the school so they can address the behaviour.

4. Seek Support: Explore counselling or community resources if needed.

Why? Taking action empowers your child and shows them that bullying is not acceptable.

EVERY STEP YOU TAKE SHOWS YOUR CHILD THEY'RE NOT ALONE.

CYBERLITE.ORG