

# What is Cyber Bullying?



Source : <http://www.bullyfreecampaign.sg/>

# Possible Signs of Cyber Bullying

Be alert to a change in your child's behaviour, for example:

- Being upset, withdrawn or angry after using the Internet or their handphone.
- Unwilling to talk or secretive about their online activities and handphone use.
- Spending much more or much less time gaming or using social media.
- Not wanting to go to school and/or avoiding meeting friends and school mates.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.



# Support for Children Who are Cyber Bullied

- Remain calm and listen closely.
- Let them know that you are there to support them.
- Talk to a teacher at your child's school.
- Involve your child in resolving the issues.
- Save the evidence.
- Limit the spread of the hurtful message.



# Key Messages to Parents



**Promote and role model kind and respectful behaviour online and offline.**



**Guide and care for children involved in cyber bullying.**



**Maintain good communication with your child.**



**Encourage and support your child to be an upstander\* and not a bystander.**

\*Upstanding is being socially responsible and standing up for and providing support to friends who have been bullied.

