HELPING YOUR CHILD MANAGE CYBER BULLYING

What is Cyber Bullying?

Cyber bullying occurs when electronic gadgets, such as mobile phones and computers; social media; and Internet services are used as a means to intentionally hurt someone in cyberspace.

With cyber bullying, negative content can be shared, saved, and spread online, and a victim can be bullied 24/7.

What Parents Can Do to Prevent Cyber Bullying

- Be informed and aware of cyber trends and issues
- Participate in the digital world with your child
- Teach your child to be respectful online
- Have open discussions with your child

If my child cyber bullies …

- **Recognise the Problem**
  Acknowledge that your child may be a cyber bully. Do not dismiss the seriousness of the issue or attempt to justify his/her actions.

- **Stop his/her Actions**
  Ensure that your child does not continue with bullying activities. Be firm about stopping any offensive actions directed at others be it online or offline.

- **Imbue a Sense of Empathy**
  Nurture a sense of compassion in your child. Ensure that your child understands the consequences of his/her actions from the victim's point of view. Encourage your child to make amends with the victim. Equip your child to better manage his/her emotions and relationships.

If my child is cyber bullied

- **Understand the Situation**
  Remain calm and listen closely to your child's concerns. Understand the context in which the bullying occurred before making any conclusions.

- **Be Supportive**
  Ensure the well-being of your child by providing social and emotional support.

- **Take Actions**
  Talk to a teacher at your child's school and involve your child in resolving the issues. Save the evidence and ask the service provider to remove the online content. Equip your child to cope with future challenging online situations.

Ministry of Education
SINGAPORE

CYBER WELLNESS
Responsible Digital Learners

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 socially responsible and stand up against cyber bullying.

Where to Find More Information on Managing Cyber Bullying?

MOE Cyber Wellness portal
MOE's Cyber Wellness Portal has useful tips, strategies and resources on various cyber issues. You can also access it through "The ICT Connection" mobile app.

ictconnection.moe.edu.sg/cyber-wellness

Ministry of Social and Family Development
Check out the What Bothers Youth portal by Central Youth Guidance Office which has some useful tips and contacts for cyber bullying.

whatbothersyouth.sg/en/Pages/Cyber-Bullying.aspx

Media Literacy Council
Check out tips from the Media Literacy Council on how bystanders and parents can help the victims of cyberbullying.

medialiteracycouncil.sg/online-safety/Pages/cyber-bullying.aspx

Health Promotion Board
The HealthHub website provides advice for offline and online activities, including tips to manage cyber bullying.

healthhub.sg/live-healthy/213/dealing_with_cyber-bullies

Ministry of Education
SINGAPORE

CYBER WELLNESS
Responsible Digital Learners