

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- Being upset, withdrawn or angry after using the Internet or their handphone.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.

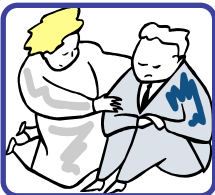
Support for Children Who are Cyber Bullied

- 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.