Make sure your child feels comfortable reporting incidents which they find upsetting or don’t know how to handle. Discuss Cyberbullying and smart usage of the Internet before problems arise. Let them know they will not lose access to their equipment if a problem comes up. Your child is unlikely to seek help from you if you react by banning the Internet or their phone.

It is good practise to make sure your child only uses the Internet in public spaces in your home where you can monitor what they are looking at. Experts on Cyberbullying recommend that children do not use Internet in their bedrooms.

Parents should know the passwords of their child’s favourite sites: Facebook, Tumblr and the like. Parents should frequently look at what their child posts on Facebook, to monitor what is written and to check the photographs their child posts.

Key behaviours to watch for:
- Your child appears agitated or unnaturally reserved after using the internet. They may generally display behaviours such as secretiveness, sleeping problems, neglecting schoolwork, withdrawing from the family.
- Text messages come more frequently than usual and your child answers quickly or seems stressed.
- Your child is unhappy for no apparent reason or says they don’t want to go to school or social functions.
- You notice your child changing the computer screen or closing emails when you enter the room.
- Your child spends too much time on the Internet or is online late into the night.

Practical tips for kids with an online bully:
- Do not have fights or confrontations with anyone (even friends) on the net or by texting. What you or they say will be misunderstood.
- Do not reply to anything that is said about you or to you. The bully wants to see that you are angry or upset – they feel like they are powerful if they can make you react.
- Never give your password or login details to anyone, even you best friends. If something unacceptable is written you will be blamed and could be charged with an offence by the police – you are held responsible for what is written on your site.
- Always be aware that a person you meet in a chat room may not be who they say they are. Dangerous people pretend to be kids and eventually want to meet you.
- Do not post revealing pictures of yourself on the net. Anyone can use this photo against you into the future-even to stop you getting jobs. Privacy settings do not stop this happening.