

# Cyberbullying: how to keep your child safe

The signs of **cyberbullying** are not always obvious, so it's important to be aware of the risks of cyberbullying and how to talk to your child about staying safe.

- ✓ Talk to your child about cyberbullying and that they can come to you if they're worried.
- ✓ Remind your child not to post personal information online such as their address or the school they attend, and ensure privacy settings are set.
- ✓ Speak to your child's school for support and advice about how they deal with cyberbullying.
- ✓ Remind them not to share their passwords, even with their friends, but they can share them with you.
- ✓ Encourage your child not to respond or retaliate to bullying.
- ✓ Report and block the bullies.



For more help and advice visit  
[www.nspcc.org.uk/cyberbullying](http://www.nspcc.org.uk/cyberbullying)  
or contact the NSPCC **helpline** on  
**0808 800 5000** to discuss any concerns