

## Cyberbullying tips

Help for young people at [Kidshelpline](#)

### Help for parents and carers — what to do if it's your child:

- Take the time to talk to them. Be open to listening and understanding their experience of cyberbullying.
- Teach them that cyberbullying is never OK
- Reassure them that they're loved
- Report the activity to the relevant social media platform. If this does not help, you can lodge a complaint via the safety website eSafety
- Support them to speak to another trusted adult or counsellor if they want to
- Advise them to avoid opening emails or responding to cyberbullies
- Respect that they may not want to limit online access as this can seem like a punishment and lead to greater social isolation
- Most importantly, reassure them they are not alone and that help is always available.

<http://www.abc.net.au/news/2018-01-13/no-child-under-12-should-be-on-social-media-bullying-expert-says/9325636>