

# Cyberbullying conversation starters: Talking to 6-10 years olds

## Before you start the conversation



Think about when and where best to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind, and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know



Think carefully about allowing your child on social media as the minimum age on most networks is 13 years old



Cyberbullying can take place 24/7 and happens repeatedly on a range of apps, games and devices



Younger children can confuse any nasty comment or opinion as 'bullying' so their understanding of bullying can be different to that of adults



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

## Tips to prevent cyberbullying



**Be engaged**  
Talk to your child about what they like to do online and what they know about how to stay safe



**Be kind online**  
Being positive and respectful online is key to using the internet safely.



**Know how to report**  
Make sure your child knows how to report cyberbullying if it happens to them or someone else

# Tips to deal with cyberbullying



Make sure your child knows they can share anything that upsets them online with a trusted adult. Watch Childnet's Captain Kara video 'T for Tell'



Never retaliate - remind your child that saying mean things back to a bully makes the situation worse



Save the evidence - encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult

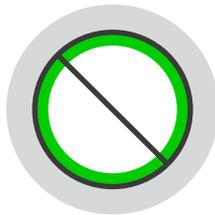


Explore the games and apps your child uses together and find report and block buttons to understand what they do

## Actions you can take to support them



**Listen and help**  
Allow your child to explain what has happened and talk about it before making judgements



**Don't deny access**  
It can be tempting to ban devices or using the internet to prevent the bullying but this isn't a solution and can make a child feel worse



**Know how to get help**  
Your child's school can help you deal with cyberbullying and provide support and advice. If you feel the law has been broken then online bullying can also be reported to your local police force

## Want more help?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying)

Helping parents keep their children safe online.

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