



5 WAYS TO PROTECT YOUR CHILD

Did you know that 25% of public schools report that bullying amongst kids happens on a **daily or weekly** basis and that 1 in 5 high school students report being bullied in the past year? The following strategies will help keep your children from becoming targets and stop bullying:

1. **Talk about it.** Talk about bullying with your kids and have other family members share their experiences. If one of your children opens up about being bullied, **praise him or her for being brave enough to discuss it and offer unconditional support.** Consult with the school to learn its policies and find out how staff and teachers can help address the situation.
2. **Remove the bait.** If it's lunch money or gadgets that the school bully is after, you can help prevent the situation by encouraging your child to pack a lunch or go to school gadget-free.
3. **Buddy up for safety.** Two or more friends together are less likely to be picked on than a child who is all alone. **Remind your child to use the buddy system** when on the school bus, in the bathroom, or wherever bullies may be about.
4. **Keep calm and carry on.** If a bully strikes, a child's best defence may be to **remain calm, ignore hurtful remarks, tell the bully to stop and simply walk away.** Bullies thrive on hurting others. A child who isn't easily ruffled has a better chance of staying off a bully's radar.
5. **Don't try to fight the battle yourself.** Sometimes talking to a bully's parents can be constructive, but generally best to do so in a setting where a school official, such as counsellor can mediate.

I'M BEING BULLIED



Bullies find lots of different ways to upset people.

It doesn't have to be hitting and kicking.

Bullying can be teasing, whispering, spreading rumours about people or leaving them out of groups on purpose.

The below clues will help you spot some of the signs of bullying.

1. Punching and kicking
2. Calling names, staring and whispering
3. Picking on the same people again and again
4. Leaving someone out of a game
5. Taking or hiding things from someone on purpose
6. Threatening to hurt you if you tell anybody

What can you do?

There may be times in your life when you are bullied. Remember it's **NOT** your fault. You **DO NOT** have to put up with it.

Beat the bullies in five easy steps:

1. **Say no, mean no** – if you don't want to do something, tell the bullies no and mean it.
2. **Stay cool** – don't lose your temper. A bully may upset you but don't rise to it. Stay calm.
3. **Walk away** – walk away and find a friend, teacher, an adult you can trust or your mum or dad and tell them what has happened.
4. **Make new friends** - real friends won't upset or hurt you. Try making new friends who you are happy to play with.
5. **Tell someone** – if you are being bullied you must tell an adult. Don't keep it to yourself. The adult could be a teacher, your mum or dad, a relative or a family friend or someone you trust.



Parents - Talk to your children about Online Safety and Cybercrime

Children and young people spend a lot of time online - it can be a great way for them to socialise, explore and have fun. To be noted: children do also face risks such as cyberbullying or seeing content that's inappropriate.

That's why it's important for them to know how to stay safe online - whether you're unsure about what happens online or are up to speed with new technology, it's important that you talk to your child about staying safe.

It may feel daunting, but you don't need to be an expert on the internet - understanding what children do online and the risks they face will help you keep your child safe online.

Talk about what might be OK for children of different ages - ask your child what sites or apps they like. Write a list, and look at them together.

Be positive about what you see - but also be open about concerns you have: *"I think this site's really good" or "I'm a little worried about things I've seen here"*.

Talk to your child about what you think is appropriate - but also involve them in the conversation. Ask what they think is OK for children of different ages - they'll feel involved in the decision-making.

Be aware - that your child might talk about friends who use apps or visit sites that you've decided aren't suitable.

Be ready to discuss your reasons - but recognise that they may not agree with you. Listen carefully for the reasons why.

Go through a final list of sites you both agree are OK - and work out when you'll next discuss it.

Ask your child if they know:

1. Where reporting functions are?
2. How to block someone?
3. How to keep information private?

Talk about things they might see online which make them feel uncomfortable

Ask about things they, or their friends, have seen that made them feel uncomfortable:

- **Be specific** - what exactly made them feel uncomfortable and why? Is it people or animals being hurt? , or nasty comments about others?
- **Link these to things in the real world** - and explain that you're always here to protect and help them online.
- **Reassure your child that they can always talk** - to you about anything that makes them feel uncomfortable.
- **Show them how to report or block on the sites and apps they use** - use **Net Aware** to find out how.
- **Tell them you'll help them to report** - anything upsetting they've seen, or to deal with online bullying.