

## Signs a child may be being cyber bullied?

- Change in mood and/or behaviour
- Lowering of grades at school
- Not wanting to go to school / sport etc
- Not feeling 'well', headaches, stomach-aches
- Being extra secretive in online activities
- 'jumpy' when text messages arrive
- Not putting their phone down
- Wanting to be online all the time....or never
- Changes in their online habits
- Upset, angry, teary.....rebellious when not previously
- Change in friendship groups
- Spending more time with family instead of friends

## What can I do if my child is the cyber bully?

- Support the child, they are probably feeling awful too
- Talk to them about their actions
- Try and find out why they behaved in this way
- Ask them to imagine they were the victim...how would they feel (empathy)
- Work together to improve the situation....apology etc
- Work towards preventing further incidents
- Enlist the help of school, welfare staff, local GP or child psychologist