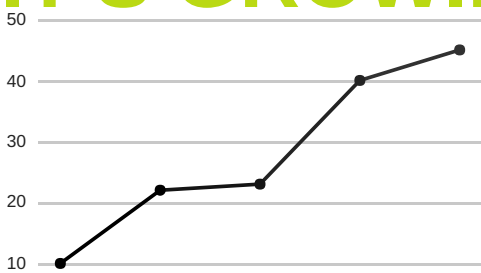


# 10 Things Parents need to know about

# Cyber Bullying



## 1 IT'S GROWING



One in five 13-18 year olds claim to have experienced cyber bullying

## 3 It's easy to do

Even Children who've never been involved in Bullying before can share or post something without thinking of it's effect on others

## 5 Talk about It

If your child uses social media don't wait until something happens to talk to them about your concerns...

## 7 Controls can help!

Set Parental Controls on all devices ensuring that the Privacy levels are set at the highest on every device including all social media

## 9 Take It seriously

Be aware of your child's behaviour & communication, be mindful of the warning signs of Bullying

## 2 Internet never Sleeps



Cyber bullying can reach your child or young person anytime and anywhere

## 4 It can be anonymous

Although it's easy to keep the evidence - it's much harder to know who's behind it!

## 6 Beware when they share

Discuss what your kids can share online keep them safe by teaching them never to share private information, with anyone!

## 8 Explore for Yourself

Learn about the social media apps, games and the activities that they do and how they link with each other

## 10 Block&Report

Teach your child what to do to prevent or report abusive messages, always take these seriously

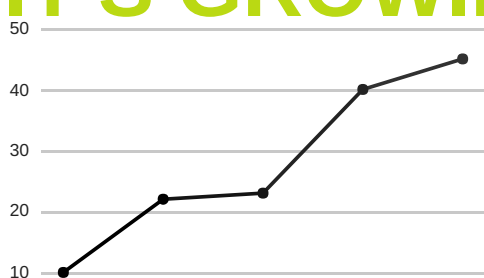
*Keep alert and keep safe*

Visit us at [www.uberheroes.co.uk](http://www.uberheroes.co.uk)

# 10 Things you need to know about Cyber Bullying



## 1 IT'S GROWING



One in five 13-18 year olds have said they've experienced cyber bullying

## 3 It's easy to do

Even if you've never been involved in Bullying you can share or post something without thinking of it's effect on others

## 5 Talk about It

Don't wait until something happens to talk to someone you trust like your Mum or Dad...

## 7 Controls can help!

Set Parental Controls on all your devices as this ensures that the Privacy levels are set to keep you safe! Including social media accounts

## 9 Take It seriously

Be aware of your behaviour, communicate respectfully and always be aware of the early signs of Bullying

## 2 Internet never Sleeps



Cyber bullying can reach you anytime, anywhere, as it never stops

## 4 It can be anonymous

Although it's easy to keep the evidence - it's much harder to know who's behind it!

## 6 Beware when you share

Be careful what you share online keep yourself safe NEVER share private information, as you don't know who you're talking to

## 8 Teach your Parents

Teach your Mum and Dad about the social media apps games and activities on line

## 10 Block&Report

Privacy levels will prevent abusive messages - You must remember to ALWAYS REPORT THESE

Keep alert and keep safe

Visit us at [www.uberheroes.co.uk](http://www.uberheroes.co.uk)

