

# E-Safety parent guide to cyberbullying and online drama

## Summary sheet

**One in five young people aged 8 to 17 years say they have been socially excluded, threatened or abused online.**

### Helping your child manage devices and accounts.

Regularly reviewing settings in apps and on devices can help young people manage online drama and protect their wellbeing. You can support them by encouraging them to do this.

#### Review privacy settings regularly

- Limit or filter comments to help manage negativity online.
- Actively manage who can make contact online by using the tools to mute, restrict, delete or unfriend others for a period or permanently.
- Enable wellbeing settings that help track time online and schedule breaks.

Most services provide a parent guide to help you understand the basic settings.

#### Examples

- [TikTok Safety Center for Parents](#)
- [YouTube Kids Parental Guide](#)
- [The Parent's Guide to Snapchat - ConnectSafely](#)
- [A Parent's Guide to Instagram - Reachout.com](#)
- [Tips for parents on helping your teen stay safe on Discord](#)

### Building social and emotional skills

Cyberbullying is often an extension of face-to-face bullying. Talk regularly to young people about their relationships, including what happens online. Start the chat by asking some key questions:

- What do you do if you feel frustrated or angry about something happening online?
- What would you do if you saw someone harassing a friend?
- What can you do if you feel like someone is trying to make you look bad online?

**Use this sheet to express your thoughts**

We have practical advice and videos for young people. The resource covers topics such as respect, responsibility, empathy, resilience, and critical thinking.

You can also use our conversation starters to help with a range of online safety topics.

## **Supporting your child if they experience cyberbullying.**

More than 80% of teens took some form of action after a negative online experience and this mostly involved self-help or speaking to family or friends.

If you are aware that your child has had a negative experience like cyberbullying, try to stay calm and remind them that support is available. We have resources to guide you through dealing with the issue and reporting abuse.

- We have general information about different types of cyberbullying and how they may affect your child's behaviour.
- The E-Safety Guide provides links to help you report a complaint to the social media site, app, game or websites where the cyberbullying occurred.

## **Encouraging early help-seeking**

Provide easy access to information about support services, such as displaying key contact numbers on your fridge.

Cambridgeshire Early Help Hub: [early.help@cambridgeshire.gov.uk](mailto:early.help@cambridgeshire.gov.uk) or call: [01480 376 666](tel:01480376666) (office hours).

UK Safer Internet Centre: [enquiries@saferinternet.org.uk](mailto:enquiries@saferinternet.org.uk) or call: 0344800238

## More resources

According to research, 40% of children and young people want to access online safety information through a trusted website.

E-Safety information and advice designed especially for children aged 5-12. It provides simple explanations about issues that kids might need help with. The FACT SHEETS include tips for when someone is being mean online, what to do if you think you have been mean to others online and how to help friends.

E-Safety information and advice designed especially for secondary students and younger adults. It explores common online safety risks as well as tips for preventing and dealing with them. The content includes information about cyberbullying and related pages about online drama, the difference between banter and bullying, what to do if you have been called a bully, being an upstander instead of a bystander, and other relevant issues.

The E-Safety Parents pages have information and advice designed especially for parents and carers. A page on cyberbullying guides you through the signs to look out for and what to do if you think your child is being cyberbullied. There are also tips if you are worried that your child might be bullying others, or you need help with hard-to-have conversations about issues such as cyberbullying and online relationships.