

Newsletter Item 16

Aim: To provide families with strategies to help them support their children if they are cyberbullied

Working With the School

Many young people report that they do not tell an adult when they are experiencing cyberbullying because they are afraid of how adults will respond. Young people report that their parents often overreact and try to take control of the situation. Young people need adults to help them deal with the problem for themselves by acting as a facilitator, listening nonjudgmentally, and providing support and advice when asked. Ask your child which, if any, strategies he or she has already tried, if they were helpful, what strategies other people have tried and their usefulness, and what he or she would try next time.

It is important to also let the school know about the bullying situation. However, before approaching the school, ask your child how he or she would like to talk about this issue with the school, and discuss what outcome he or she wants as a result of involving the school. Consider:

- Phoning the school and asking who is best placed to help your child
- Setting a time to talk with this person at school
- Explaining what you know about the situation
- Describing strategies your child has tried
- Asking for a plan of action that can be implemented at the school and at home
- Setting a date and time for a follow-up meeting
- Discussing with your child what happened and what the agreed strategies are