

Don't Be Mean Behind Your Screen'

Cyberbullying/Internet Safety Workshop

Discussion points for parents

1. Talk to young people about the Internet; find out what games, phone apps and social networking platforms are their favourites.
2. Talk to them about *respect* not only themselves but also others online
3. Talk to them about *privacy* and how dangerous the internet can be
4. Stress the importance of young people never sharing passwords – it can give others full control of their digital footprint and this can affect their future.
5. Become comfortable using the computer yourself; if you're not sure, use Google to update your skills, try keep up-to-date with what young people are doing online where at all possible.
6. Speak to them about online stranger danger and the importance of having their personal profiles set to private and their location not on view to the public – this limits interaction with strangers.
7. Explain how dangerous it can be if they were to share information online, like their full name, telephone number, address etc
8. Encourage young people never to post or send videos or images of themselves to sites like YouTube
9. Explain that people may not be who they say there are when online and not everyone they come across on the Internet is their friend, even if they are nice to them and make them feel special.
10. Explain to them that they should never, ever arrange to meet up with someone they've only been in contact with online.
11. Apply ground rules for internet use, apply sanctions if the rules are broken and be consistent.
12. Discuss with your child how long they can spend on the computer – Set time limits
13. Never allow young people to keep their device overnight in their bedroom.
14. If your child is putting you under pressure to get Apps or Games that are over their age limit, please ***DON'T GIVE IN.***
15. Set your values, express your fears for them in an online world full of people that you just can't trust.
16. Be approachable, your child should feel like they can come to you with issues or questions and that you won't be cross or fly off the handle
17. If your child is a target of Cyberbullying, encourage them to Record the evidence, Report and Block the Bully and then inform relevant authorities
18. If your child is a victim, never take away their device as in their eyes it appears like they are being punished for a situation they had no control over
19. Make sure to tell your child that this situation is not their fault and nobody has the right to be cruel, mean or nasty to them while they are online

Discuss all of the above points with your child and between you, come up with a list of points on how your child can use the Internet safely and responsibly.

If you need help find us on Facebook:

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