Sticks'n'Stones IO3

Topic 4: The Effects of Cyberbullying on Children

Sticks n Stones

Interactive Infographics to Combat Bullying in School

Introduction

Bullying in schools is every parent's worst fear. They may fear that their child is being bullied, that their child is bullying others, or that their child is witnessing bullying happening around them. All parents want the security of knowing that school is a safe place for their children, a place where they can not only learn, but build new friendships and create lasting memories. Unfortunately, the end of bullying is still not in sight, and it still threatens the wellbeing of children around the world.
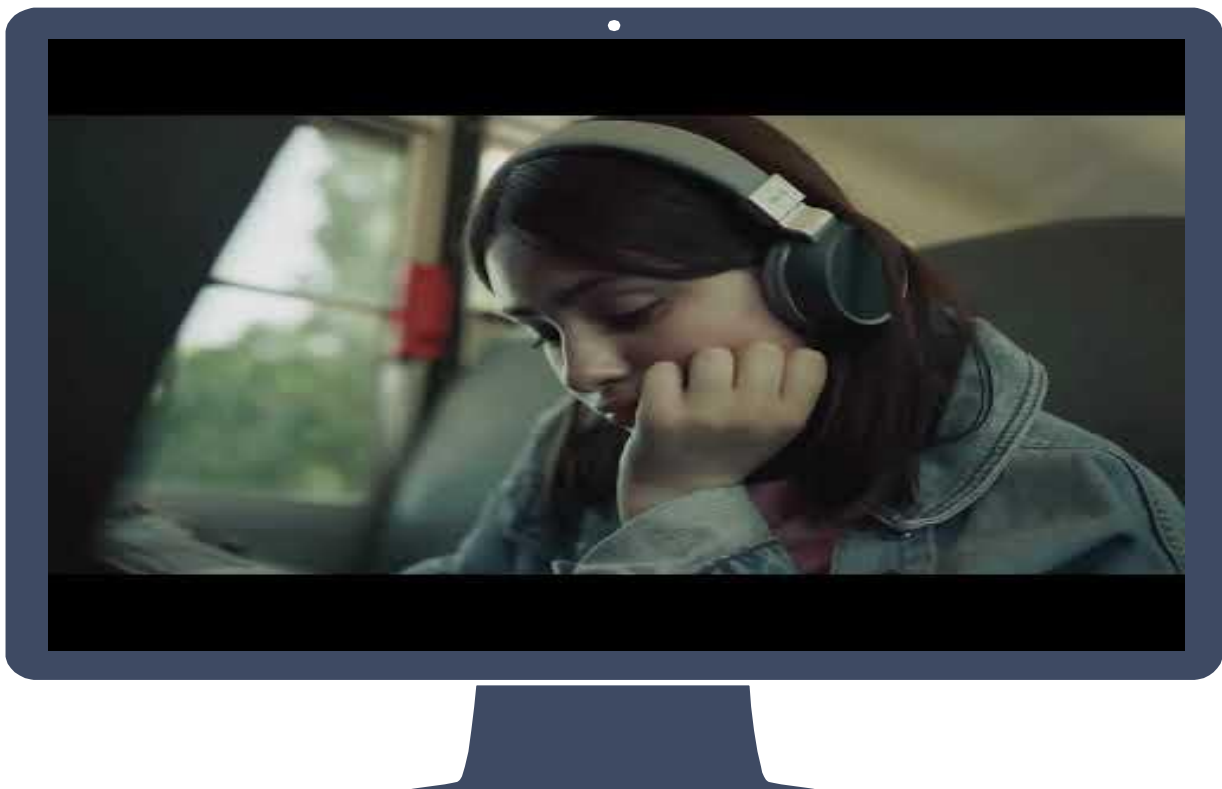
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

Topic Addressed

Topic 4: The Effects of Cyberbullying on Children

Educational Video

Here is a Link to YouTube video introducing the topic of "The Effects of Cyberbullying on Children": https://youtu.be/WIGicCUk2BM

Self-help Exercise

Topic Addressed (4 of the 12): The Effects of Cyberbullying on Children			
Exercise Title	**Family Contract for Online Safety**		
Duration of Activity	20 minutes	**Materials Needed**	Pen Paper
Introduction	This activity is designed to help kickstart a conversation surrounding cyberbullying with your child, and it encourages them to think about ways they can protect themselves online. This is a "Family Safety Contract" for young kids so sign with you, their parent/s whereby they agree to a set of criteria regarding online safety. This can be printed out and signed by both parties.		
Instructions	**Step 1**. Ask your child to read through each of the points mentioned in the pledge below.		

1.	I will not give out my personal information such as my address, phone number, parents' number, or the name or location of my school without my parents' permission.
2.	I will tell my parents right away if a stranger begins talking to me online.
3.	I will never agree to meet with a stranger that I met online without checking with my parents first.
4.	I will never tell anyone but my parents any of my internet passwords
5.	If someone says something hurtful to me online, I will tell my parents right away
6.	If I see hurtful comments about someone in my school, I will report the user and tell a parent or a teacher
7.	I will never post hurtful comments about someone online
8.	I will respect my parents' rules on how much time I can spend online every day
9.	I will always keep my social media accounts on private and only accept the people I know as friends
10.	I will check with my parents before downloading or installing any software or apps

I agree to the above

_____ (Child sign here)

I, as a parent, will help my child follow this agreement and will allow use of the internet as long as these rules are followed

_____ (Parent/s sign here)

Step 2. Discuss each of the points with your child and ask them if there are any points that they do not agree to and why. If they are reluctant to follow one of the steps, open a discussion on the topic and gently explain to them that these rules are to keep them safe, and they will only be allowed use the internet and social media (if they have it) if they follow these rules.

Step 3. Sign the contract with your child, and then frame it or stick it on the fridge in your house. Try to keep it somewhere where your child will see it so they are regularly reminded of the rules they have to follow.

Tip sheet for Parents

TIP 1: Get to know your children's online friends

It is easy to make friends online. It is fast and easy, but if you do not know that person in real life, you never really know who you are talking to. It is important to help your child learn the difference between a real friend and an online stranger, and instruct them to never arrange to meet online-only friends face-to-face.

TIP 2: Set reasonable time and usage limits

Make sure to establish specific rules outlining how long your child can spend on the internet, and what specific apps / websites they can browse.

TIP 3: Spend time online with your child / children

Find opportunities where you can join your child online. For example, if your child is researching the internet as part of a homework assignment, or even if they are playing an online game, join them when the opportunity arises. This will also help you to become familiar with the games your child uses and will help inform you about how safe they are.

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Rizika internetu a komunikačních technologií, z.s.

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