

Sticks'n'Stones IO3

Topic 8: Tips for protecting your child from cyberbullies and other online threats

Sticks
n
STONES



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: Tips for protecting your child from cyberbullies and other online threats

Educational Video

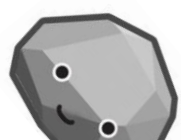
Here is a Link to YouTube video introducing the topic of "Tips for protecting your child from cyberbullies and other online threats": https://youtu.be/U0xFqz74_Zo



Self-help Exercise

Topic Addressed (8 of the 12): Tips for protecting your child from cyberbullying and other online threats

Exercise Title	Stay safe online - guide today's youth and their parents		
Duration of Activity	20 minutes	Materials Needed	PC, printer
Introduction	Internet is a very public space and we have to understand that our online life and real world lives are closely intertwined, each affecting the other. It is important to know basic rules how to stay safe online and have good etiquette when using online spaces.		
Instructions	<p>Step 1. Make sure you know basic rules how to prevent cyberbullying and that you behave according to these rules. In step 2 you will find 10 basic rules how to behave safely online and how to prevent cyberbullying. If you don't understand some of the rules, make sure you search on the internet for the meaning. Copy 10 basic rules from step 2 and write them down or print it, and make sure you hang it somewhere in your home where you will see it regularly.</p> <p>Step 2.</p> <p style="text-align: center;">10 BASIC RULES AGAINST CYBERBULLYING</p> <ol style="list-style-type: none"> 1. Teach your children how to protect their privacy and privacy of the others 2. Get to know friends of your children 3. Talk with your children about everything they do online 4. Don't respond to the bully or offensive messages 5. If you get any nasty messages, save them as proof. 6. Remind your child never to share their password. 7. Remind your child to treat others as they would like to be treated. 8. Limit the amount of time your children is online and be a good example. 9. Learn how to block particular users on social media. 10. Build trust between you and your children <p>When you print these rules, go through every rule with your children and talk about it together.</p>		



Tip sheet

TIP 1: Spend more time with your children and do some family activities.

It is very important that your children have attention from you. Playing **board games** is a good way to spend some quality time together. You can also try to play "**spider game**". You will need paper and pen. First, introduce to your children the most common internet technologies and then ask them to draw what technology they use the most. They should write to each picture in which way they communicate through this technology. For example, to a picture of computer they should write mail, chat, skype call. Next to each picture they should write who they communicate with through this technology. The aim of this game is for parents to know more about time their children spent on internet and who they speak with.

TIP 2: Use applications to have your child's online safety under control

Here are some tips for best parental control apps:

mSpy - Monitors social media activity

Norton - teaches your kids healthy online habits

EyeZy - monitors your kid's phone and bank-grade encryption keeps your data secure

Kaspersky - sets strict restrictions and blocks content

Qustodio - blocks inappropriate content and limits screen time

McAfee - Cyberthreat protection for whole family, parental control to ensure your kids are protected online

Rethink - innovative and non-intrusive parenting app which detects and stops online hate.

TIP 3: Read a book about internet safety

Cyber safety for everyone - online risks can be dangerous so stay INFORMED, author Jaago Teens

How we got cyber smart - a book about how to stay safe online, author Lisa Rothfield Kirschner

On the Internet - our first talk about online safety, author Jillian Roberts

Clicker the Cat - Online children's book about internet safety for preschool children aged 6-8

Rethink the internet - book "by youth for youth" first of its kind guide for internet safety, author Trisha Prabbhu





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Interactive Infographics to Combat Bullying in School



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