

## Sticks'n'Stones IO3

Topic 9: Recovering from bullying and cyberbullying – self-help tips for parents of victims

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.

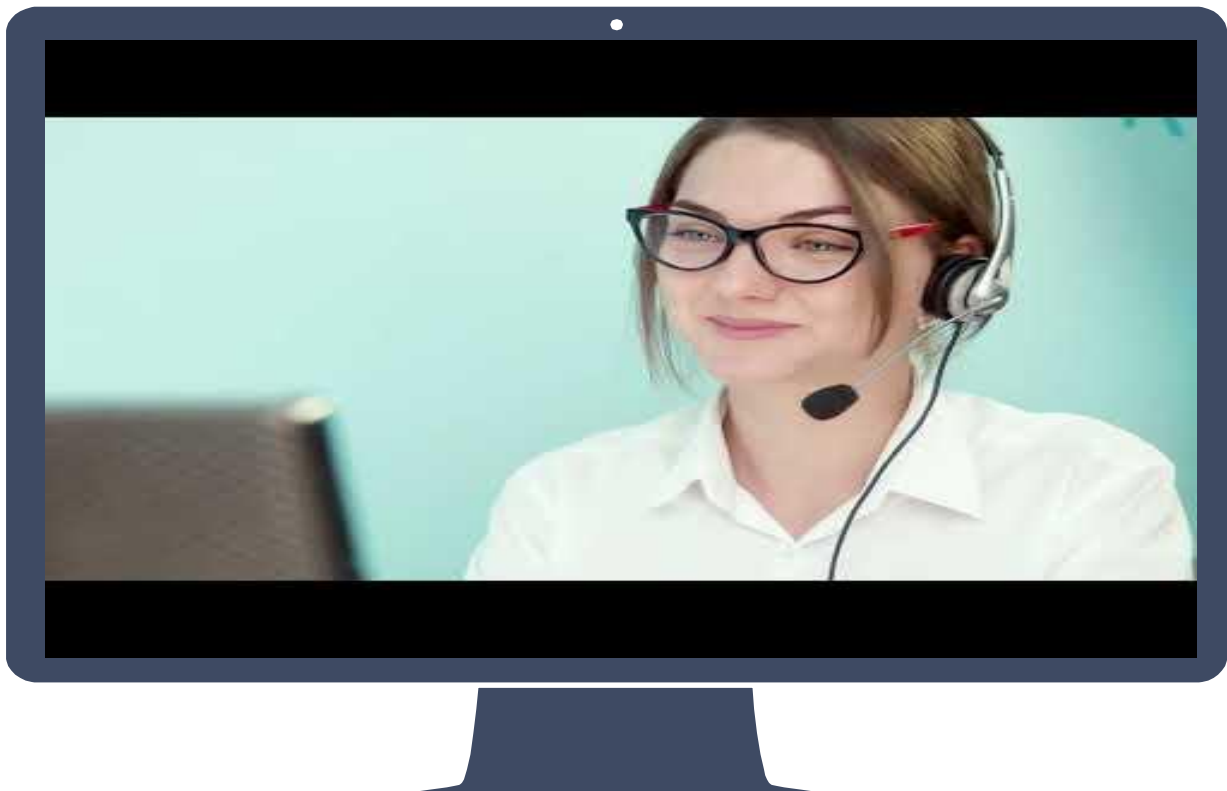
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

## Topic Addressed

**Topic 9:** Recovering from bullying and cyberbullying – self-help activities for parents of victims

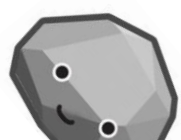
## Educational Video

Here is a Link to YouTube video introducing the topic of “Recovering from bullying and cyberbullying – self-help activities for parents of victims”: <https://youtu.be/ZpGcucA1Ej4>



## Self-help Exercise

Topic Addressed (9 of the 12): Recovering from bullying and cyberbullying – self-help activities for parents of victims			
<b>Exercise Title</b>	<b>How to deal with cyberbullying</b>		
<b>Duration of Activity</b>	30 minutes	<b>Materials Needed</b>	Computer, paper, pen
<b>Introduction</b>	<p>With this activity you will work on the steps to take when your child has been cyberbullied. You can also explain to your child the activity and do it together. Remember that the best prevention is empowering your children about bullying.</p>		
<b>Instructions</b>	<p>When cyberbullying happens, it is important to take two main steps, the first one is try to protect your child from the bully and next, report the situation.</p> <p><b>Step 1. Protecting your child from the bully</b> Once you have noticed that your child is being cyberbullied, try to keep calm and not answer the bully (this could get the situation worse). Ask your child to open his/her social media and explain that you are going to help him/her to stop the situation.</p> <ul style="list-style-type: none"> <li>- If possible, keep evidence of the cyberbullying (screenshots, emails, etc.) this will help to report the situation.</li> <li>- Block the person(s) to prevent them from continuing being in contact with your child. Visit social media safety centres to learn how to block users and change settings to control who can contact your child.</li> </ul> <p><b>Step 2. Report the situation</b></p> <p>Either if it is through social media or phone there are ways to report a case of cyberbullying. In social media generally you can report a profile/message/photo for abusing the terms of service. In the terms and conditions of the service you can also check what they consider appropriate or not and thus, can be reported.</p> <p>Another way of reporting is warning the school as a way to create a preventive protocol in case they still do not have it.</p>		



## Tip sheet

**TIP 1:** Prevent bullying. Have thoughtful talks about it daily.

The best way to help combating bullying is with prevention. As parents, you can contribute to bullying prevention by addressing the subject with short daily talks to keep children curious about it.

Try to start the conversations in a casual mood, with open questions and making them aware that you support and trust them.

**TIP 2:** Use your experience to get them talking about bullying.

A good way to get your children more confident to talk about a bullying situation (either if they are victims or by-standers) is to use your own experience. Have you suffered bullying or experienced a situation of bullying? Explain to them what happened and what did you feel. They will feel more confident as they will identify your emotions. Again, try to do it in an informal way to keep it casual and not worrying them.

**TIP 3:** When your child has been bullied, provide support.

If your child tells you he/she has been bullied or if you discover it, try to keep calm and provide he/she your support.

They need to know that you love them and they can rely on you.

Ask questions to make sure it was a bullying situation and to know more about what happened so you can take action.

Insist on the idea that it is not his/her fault and try to talk about how to prevent it to happen again.





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Interactive Infographics to Combat Bullying in School



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