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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 they do not tell an adult when they are experiencing cyberbullying because they are afraid of how adults will respond. Young people report their parents often over-react and try to take control of the situation. Young people need adults to help them to deal with the problem for themselves by acting as a facilitator, listening non-judgmentally and providing support and advice when asked. Ask your child which (if any) strategies she/he has already tried, if they were helpful, what other people have tried and their usefulness, and what they 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 s/he would like to talk about this issue with the school and discuss what outcome he/she wants as a result of involving the school. Consider:

• Phoning the school and asking who is best placed to help your child

• Making a time to talk with this person at school

• Explaining what you know about the situation

• Describing strategies your child has tried to date

• Asking for a plan of action that can be implemented at the school and at home

• Consider setting a date and time for a follow-up meeting

• Discussing with your child what happened and what the agreed strategies are