

## STEP 4

### Implement

- Act according to the plan that you and your child came up with together.
- If necessary, go to your child's school or involve the police.
- Keep your child informed about the process.
- Pay more attention to your child's internet activity in the future.



## STEP 5

### Build Confidence

- Equip your child with skills to address bullying in the future.
- Educate your child about online safety and privacy on different platforms.
- Help your child to engage in meaningful offline activities.
- Encourage your child to surround him-/herself with people who love and support your child.
- Nurture your child's self-worth, independent of other people's opinions.

## Useful Links

### For Parents In Germany

**Schau hin!** [www.schau-hin.info](http://www.schau-hin.info)  
**Eltern im Netz** [www.elternimnetz.de](http://www.elternimnetz.de)  
**Klicksafe** [www.klicksafe.de](http://www.klicksafe.de)



Blurred Lives Project  
[www.blurredlives.eu](http://www.blurredlives.eu)

# NO TO CYBERBULLYING

## A Guide For Parents



Photo: Pixabay

This leaflet has been created by students from Konrad-Wachsmann-Schule (Integrierte Sekundarschule) in Berlin, Germany, as part of the Blurred Lives Project. A cross-national, co-participatory exploration of cyberbullying, young people and socio-economic disadvantage, funded by the ERASMUS+ program.



Erasmus+

Freie Universität



Berlin

# STEP 1

## Recognize Bullying

- Do you observe significant changes in your child's behavior?
- Does your child appear lethargic, or hides in his/her room all day?
- Does your child refuse to go to school?
- Does your child avoid going online, or turns the computer off, when someone else is around?



**WE RECOMMEND TO TALK TO YOUR CHILD.**

# STEP 2

## Talk To Your Child



- Calmly ask if everything is alright and what is going on.
- Explicitly ask about bullying.
- Be empathetic.
- Talk the situation through to get all the details.
- Reassure your child that you love and support him/her.
- Reassure your child that it is not his/her fault that he/she is being bullied.

# STEP 3

## Find A Solution – Together

- Ask your child how he/she would like to handle the situation.
- Don't intervene without your child's knowledge.
- Decide whether to talk to, e.g. the homeroom teacher, or involve the police.
- It's a good idea to save the nasty messages or photos your child receives.
- Together with your child, take a look at the privacy settings of the apps your child uses.

