



CHECK LIST: **SIGNS SHOWING THAT YOUR CHILD IS CYBERBULLIED**

Cyberbullying is a kind of bullying using digital technology. Anyone can become a victim of cyberbullying, so it is important for parents to notice the first signs of bullying in time and protect their child.

Your child is a victim of cyberbullying if he/she:

- ✓ Behaves unusually: withdraws into oneself, often cries, or, on the contrary, shows excessive emotionality, irritability, especially after using Internet or mobile phone.
- ✓ Startles when he hears the sound of an incoming message, looks alarmed or scared.
- ✓ Often checks the phone, but does not write anything.
- ✓ Avoids discussion or is secretive about computer or mobile phone activities.
- ✓ Has closed his\her page or deleted account from social networks, stopped blogging.
- ✓ Has changed the avatar to an incomprehensible symbol, an animal, a photo of a stranger.
- ✓ Starts spending more time alone, withdraws from family, friends and activities he\she showed interest before.
- ✓ Constantly "loses" things, phones, and asks for large sums of money.
- ✓ Suddenly begins to consider himself a "loser", blames himself.
- ✓ Refuses to go to school, his grades have dropped sharply. Possibly cyberbullying joined the school bullying.
- ✓ Was or is now a victim of bullying at school.
- ✓ Sleeps poorly, wakes up frequently, talks about nightmares/or, alternatively, mouth, sleeping too much.
- ✓ Complains of feeling unwell, often gets sick, loses his appetite.
- ✓ Exhibits self-destructive behavior (such as cuts on the arms or legs).
- ✓ Thinks and talks about death, searches the Internet for information about suicide.

If you notice at least a third of the signs in the behavior of a child, this already a serious reason to think. If half or more points are exactly describe what you have been observing lately - it is necessary intervene immediately!



WHAT SHOULD PARENTS DO TO PROTECT THE CHILD FROM CYBERBULLYING?

- ✓ Talk to your child more often, unobtrusively talk about social networks and the risks of using them for communication.
- ✓ Teach your child to separate his personality from any comments on the Internet. All insults that strangers write says more about them than about the object of their criticism.
- ✓ Have access to all your child's accounts and codes to his\her devices. However, do not arrange daily surveillance. This measure is necessary only as the last one.
- ✓ Use social networks actively. You must keep up with the times and understand how popular online communities and mobile applications work.
- ✓ Master new technologies. It is important for parents to navigate all the devices that children use.
- ✓ Warn kids and teens that opinions change, but reputation is forever! Everything that has ever been posted on the web remains there forever. Therefore, you should think carefully before clicking the "send" button.

If you do not succeed in solving the situation independently - address our specialists.

✎ E-mail: include@grainsofgood.com ✎

