

### A Parent's Guide to Cyberbullying



**Many young people who are victims of cyberbullying suffer in silence.**

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



**It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.**



**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

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