



## ThinkUKnow e-Newsletter - March 2016

Last week, we observed the [National Day of Action against Bullying and Violence](#) which provides an opportunity for parents, carers and teachers to discuss the issues surrounding cyberbullying with children. In this issue of the ThinkUKnow e-Newsletter, we will look at some practical ways in which parents can start these conversations at home.

### News items

It seems that barely a week goes by without some mention of a cyberbullying incident reported in the news. While this may be concerning, it also allows you to talk about cyberbullying and find out how a child would respond to the incident if they were involved. Role-playing or brainstorming alternative outcomes can be powerful tools to not only engage a child in a conversation about cyberbullying, but also to show them you are there to help them if they are cyberbullied.

### Sharing personal experience

Talking to a child about the concerning things you have seen on your own social media accounts can also help them see you as someone who may also experience or witness cyberbullying. Online harassment occurs between adults perhaps even more than children and young people and highlighting you are in the same boat as your child can help them relate to you even more. Share how you have felt after seeing some of the inappropriate comments online and open the lines of communication for them to share their own experiences.

### Hypotheticals

### Time2Talk

In this section we look at ways to start talking with children and young people about their use of technology.

**Why do you think cyberbullying makes the news?**

**Who do you think is more affected by cyberbullying, adults or young people?**

**If a friend told you they were being cyberbullied, what would you do?**

**Can you name some organisations or groups that might be involved in cyberbullying prevention?**

Coming up with cyberbullying scenarios to role play and working through them with children can be a great game and learning tool. You may wish to write a few different cyberbullying incidents on pieces of paper and place them in a bowl. As a family, have each person pull a scenario out of the bowl and lead the discussion and probe them on what they would do in that situation. For examples of scenarios to use, you may wish to listen to the audio case studies available on the [ThinkUKnow YouTube Channel](#).

### Relevant organisations

Listing the various organisations involved in the prevention of and response to cyberbullying and the roles they play can be another useful approach. Speak about the different roles played by schools, families, police, community

organisations and the [Office of the Children's eSafety Commissioner](#) and why they are involved.

Also talk about various support services such as [Kids Helpline](#), [Youth Beyond Blue](#) and [Reach Out!](#) which are available for children and young people. Highlighting the numerous organisations able to assist young people experiencing cyberbullying can help a child feel as though there is always support available.

### **Write a contract!**

Sitting down as a family and developing a contract for the safe and ethical use of technology can help your child define the standards they would like to see and follow online.

It can also help to set expectations of what children should do if they see someone being cyberbullied or are cyberbullied themselves. For examples of what these contracts may look like, please visit the [ThinkUKnow website](#).

### **Book a ThinkUKnow presentation**

For more assistance in starting these conversations, why not have your school or organisation arrange a ThinkUKnow presentation? Presentations for parents, carers and teachers may be [booked online](#) or by calling 1300 362 936 during business hours. Presentations for students should be arranged by contacting your local police.

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