

# Cyberbullying conversation starters: Talking to 11-13 year olds

## Before you start the conversation



Think about when and where best to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind, and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know

Typically 11-13 year olds will:



Have access to a smartphone or tablet



Use the internet to play games



Do homework online



Watch videos on YouTube or socialise with friends



There has been a rapid growth in the number of 11-13 year olds using social media - often with accounts on multiple social networks



Children as young as 11 post an average of 26 times a day, attract 100 followers to every one of their profiles



Over two thirds of 11-12 year olds have a Facebook profile despite a minimum age of 13



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

## Want more help?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying)

Helping parents keep their children safe online.

internet  
matters.org

## Tips to prevent cyberbullying



Set parental controls on devices your child can access



Talk to your child about what it means to have friends and followers online. Are they real friends? Can they trust them?



Be aware that your child might start exploring romantic relationships. Talk about what they can safely share and who to trust



Encourage your child to be kind to others and think about the impact of words and actions



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## Tips to deal with cyberbullying



Don't jump to conclusions. Gently explore with your child what has gone on before the message or the post



Be aware the cyberbullying can be a continuation of, or a response to bullying already happening at school or elsewhere



Don't encourage your child to retaliate in any way that is angry, offensive or threatening



Be aware that all forms of bullying can make you feel very sad, afraid and alone. Reassure your child that together you will sort it out



Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



Help your child to report any offensive content to the social media provider



Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves



Seek help. You could talk to your child's school or if your child feels harassed or threatened, the police. There are also charities like Kidscape that can give advice