



**Children's  
Authority**  
of Trinidad and Tobago



# CYBER Bullying

 **WARNING**

**SIGNS**

# What is Cyber-bullying?

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**Cyber-bullying is when someone uses technology to harass, threaten, embarrass, or target another person.**



**Stop Cyber Bullying Now!**

# Signs of cyber-bullying may include:

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- **A sudden desire to stop using the computer, phone or other devices**
- **Avoiding discussions about computer or phone activities**
- **Changes in mood, behaviour, sleep, or appetite**



**Stop Cyber Bullying Now!**

# Signs of cyber-bullying may include:

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- **Being emotionally upset during or after using the internet or the phone**
- **Being nervous or jumpy when getting text messages or other notifications**



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**What  
Should  
You Do if  
Your  
Child is  
Being  
CYBER  
BULLIED?**

# **Stay Calm Do Not Panic**

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Talk with your child  
without being  
judgemental or angry.  
Your child should feel like  
they can talk with you  
about anything, without  
fear of being punished.

**Stop Cyber-Bullying Now!**

# **Do Not Remove Your Child's Devices**

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Cutting off your child's online access removes an essential tool for them to communicate and connect with friends and can make their social isolation worse.

**Stop Cyber-Bullying Now!**

# Collect Evidence

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Don't delete the abusive content straight away. Instead, start by taking screenshots and collecting other evidence, including the dates and times it happened and details of the account used to post or send the material.

**Stop Cyber-Bullying Now!**



# **Act to Protect Your Child if Necessary**

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If your child is being threatened, or if they indicate a wish to harm themselves, you should get professional help. If their physical safety is at risk please contact the Police at 999.

**Stop Cyber-Bullying Now!**

# **Prevent Further Contact**

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Advise your child not to retaliate or respond to bullying messages, as sometimes people say hurtful things just to get a response and it could make things worse. If they have already responded, encourage them not to respond further.

**Stop Cyber-Bullying Now!**