



SAFETY N US

T R U S T

Prioritizing Children & Youth Online Safety

“Leading the way to end systematic violence and exploitation against children in the digital society”.



SAFETY N US

PARENTAL TOOLKIT



INTRODUCTION

Where light prevails, shadows will be conjured from its existence, where there is good, evil will linger as an opposing force, the two correlate and can not exist without the other, unfortunately the same concept be related to the introduction of the internet. The internet has brought to the world countless unprecedented benedictions for education, connectivity and production, which have revolutionized the entire social fabric of the world but within it exists a dark underbelly that threatens the well-being and safety of our youth. As a custodian it is crucial to be aware of the negative impacts of the internet as well as to be knowledgeable of how to assist your child when facing online violence.

**6 VISIBLE
PROMINENT
SIGNS OF
CYBER
BULLYING
AFFECTING
YOUR CHILD**

1. Uneasy, nervous grown resistance in attending school

This is a major warning sign as children manifests an undesirable urge to be attentive in School or your child is uncomfortable with the school environment and their classmates. Noticeable behaviours include children constantly ask to skip school or make calls asking To come home early.

2. Nervous and jumpy behaviour when using social media

Children normally exhibit extremely anxious and unsettling behaviour about their phone, Laptop or tablet especially when parents are in view of the device.

3. Frustration or annoyance after going online

Witnessing your child display motions of irritations, disgruntlement and dissatisfaction After using social media is very noticeable behaviour of cyberbullying which could be Encompassed by outbursts of anger as a response to the information seen on social Media.

4. Secretiveness about online activities and accounts

Children will conceal information pertaining their social media exploration which could Be be a sign of online bullying, as they are afraid to speak out especially to parents.

5. Signs of depression or anti-social attitudes in children

If your child seems extremely unhappy and usually prefers to be solitary frequently, it Could be a warning sign of online bullying at hand.

6. Passing statements about suicide or making suicide attempts

This is an immediate red flag, Suicidal attempts could be your child frustration response To online bullying and should not be taken lightly.

6 BEST WAYS TO HELP YOUR CHILD IN CASES OF ONLINE VIOLENCE

1. **Listen to your child**

Encourage your child to talk about what's happening and listen without judgment. Let them know that you believe them and that they are not alone.

2. **Document the evidence**

Keep a record of any abusive messages, posts, or comments. This can be used as evidence if you decide to report the abuse.

3. **Report the abuse**

Report the abuse to the social media platform where it's happening. Most platforms have a reporting system that allows you to report abusive content.

4. **Block the abuser**

Block the abuser on all social media platforms and encourage your child to do the same.

5. **Talk to your child's school**



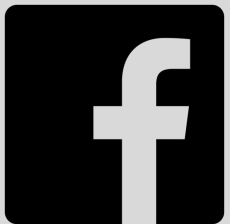
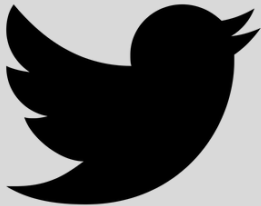
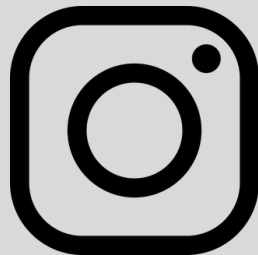




If the abuse is happening between classmates, talk to your child's school about what's happening. They may be able to help resolve the situation.

6. **Get professional help**

Consider seeking professional help for your child if they are experiencing anxiety, depression, or other mental health issues as a result of the abuse.

MOSTLY USED SOCIAL MEDIA PLATFORMS TO BE AWARE OF AS A PARENT



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