How to report an online bully in 3 simple steps

Cyberbullying is the #1 concern for parents when it comes to their children and the online world.

Unlike schoolyard bullying, cyberbullying follows kids home. It keeps them awake at night with the constant dings of their phone or iPad, it interrupts their homework and family time with nasty group chats and threatening direct messages.

Keeping an open dialogue with your kids about what they're experiencing online is really important but if your child was being bullied, would you know what to do? Here is a 30-second plan to help you take action if your child is experiencing online bullying:

1. Screenshot all messages for evidence
This ensures that you have a complete record of what has occurred and it can't be contested or become a case of he said/she said.
2. Block the bully
A bully does not have the right nor the privilege to be friends with your child online so once screenshots have been taken, block the bully within the social media or gaming Apps that they are connected to your child within. This will stop them from being able to contact your child via these platforms.
3. Report the bully to the social media platform
All of the mainstream social media platforms have a report function so you can submit a report about bullying behaviour.

A report typically involves clicking on the page/profile you want to report and following a few simple prompts.

For example, on Instagram, you visit the person or business' page and tap on the 3 small dots in the top right of their profile page. On the drop-down, you select Report (this is also where you can hit Block). You will be asked why you are reporting them. Choose from the lists shown and then the report will go through.

Cyberbullying is never ok so if your child reports any type of negative behaviour to you, take it seriously and follow up on it. As your School, we are always here to support you and we encourage you to come to us with questions or concerns you may have on this topic.