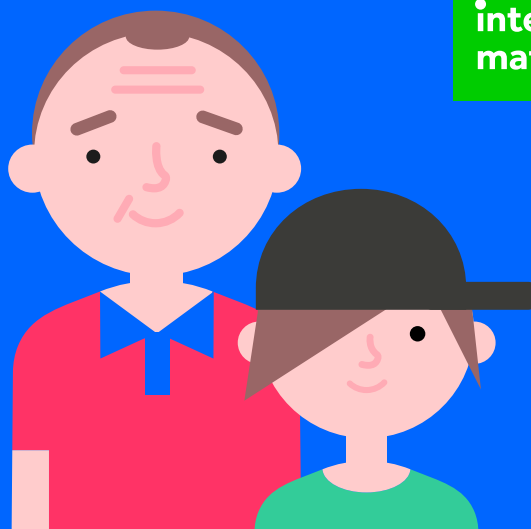


# Talking to 11-13 year olds



## Before you start the conversation



Think about when and where is the best to talk - 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

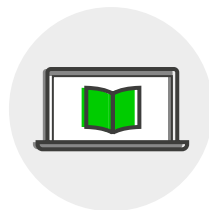
Typically 11-13 year olds will:



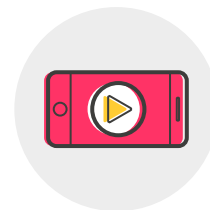
Have access to a smartphone or tablet



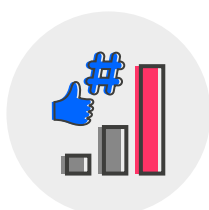
Use the internet to play games



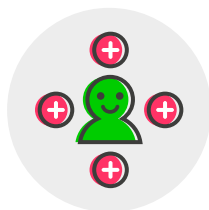
Do homework online



Watch videos on YouTube or socialise with friends



There has been a rapid growth in the number of 11-13 years 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 requiring users to be a minimum age of 13



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

## Tips to prevent cyberbullying



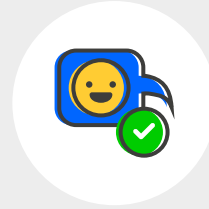
Set parental controls on devices your child can access - see our parental controls guide



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 that words and actions can have



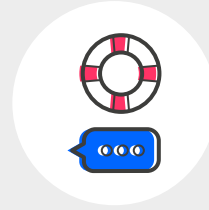
Talk to your child about what bullying is (hurting someone on purpose/several times over) and how people might bully others online



Encourage your child to tell you if they see or experience cyberbullying



Talk to your child about how they use the internet and what they enjoy



Tell your child that if they can't talk to you they should talk to a teacher at school or contact organisations like Childline

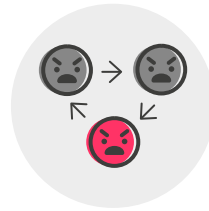
## Tips to deal with cyberbullying



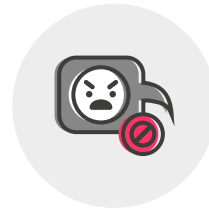
Don't jump to conclusions. Gently explore with your child what has gone on before the message or the post



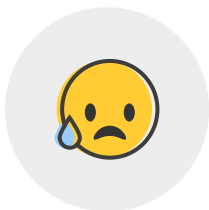
Stay calm if you find out your child is experiencing cyberbullying or cyberbullying others



Be aware that 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



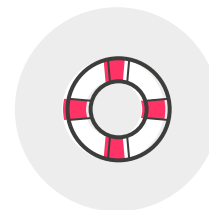
Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



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

### WANT MORE HELP?

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