**GOLDEN RULES on Cyberbullying**

Prevent negative experiences by making sure your children know how to protect their own privacy and will respect other people’s privacy;

• Teach your children not to respond to harassing messages;

• Help your children understand what kind of messages and behaviour might make others feel bad, and how to avoid this;

• Make sure they know how to block senders from their contact list;

• Keep track of offensive messages, you may need them as important proof;

• Find out your children’s school’s anti-bullying strategies. Work together with other parents and teachers to prevent bullying and cyberbullying;

• Stay in touch with your children’s environment; get to know their friends, their friends’ parents, their teachers and classmates;

• Encourage your children to tell you about any troubling offline & online experience.

Reassure them that even if they do something careless, you are there for them and together you will find solutions!

• Be sure your children understand that they are never to blame if someone harasses them.

(Parental Guide. Office for Online Safety)