

Warning signs of cyberbullying

Below are some common signs that a child or young person may be having a negative online experience.

As parents or carers, our task is to help our young ones by identifying these warning signs early and setting out a plan to help manage their response.

While you read through the list, have a think about your child and how you might notice any recent changes.



Common signs

- Changes in their behaviour (especially around use of their online devices)
- Changes in their personality
- Expressing or voicing distress or loneliness
- Unexpected changes in friendship groups
- Withdrawal from attending school or clubs
- Decline in schoolwork or focus
- Changes in sleeping patterns
- Changes in eating habits
- Increased complaint of headaches, stomach upset or general health concerns
- Decline in mental health

Each child is different and may display one, some, none or all of these warning signs.

Increasing connection in the family unit enables the caregiver to spot even minor changes in the child and allow for helpful communication opportunities.

You can learn all about these warning signs and how to spot the behaviours in the full Parentline Cyberbullying training.

The training will also show you how to start a conversation, how to increase your security and privacy setting, along with how to report cyberbullying. It takes approximately an hour and designed to be easily accessed from your mobile device or tablet.

Service funded by



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parentline.com.au/cyberbullying

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