

CYBERBULLYING SAFETY TOOLS

The impact of bullying can quickly spiral out of control and the consequences can be devastating.

TOOLS TO HELP

To protect your growing child, here is a list of recommended solutions to better manage device time on computers and mobile devices:

- Qustodio
- Kaspersky Safe Kids
- Norton Family Premier

KEEP THE EVIDENCE

The one advantage of cyberbullying is that it leaves a trail.

- Keep all evidence of cyberbullying.
- Take screenshots of offensive posts or messages and keep them safe.

These will come in handy if at any time you decide to report the bullying.

PROTECTION FROM HARASSMENT

For more information on the Protection from Harassment Act, 2011 (Act 17 of 2011):

www.justice.gov.za/forms/form_pha.html

The South African Depression and Anxiety Group:

www.sadag.org

Alert Africa report cyber abuse:

www.alertafrica.com/report



Tools for iPhone and Android

- For iPhone use **Apple Screen Time**
- For Android use **Google Family Link**

BLOCK, BLOCK, BLOCK

Assess how serious the cyberbullying is. If it is light name calling from somebody that you do not know, it may be easier to block or report it on social media and WhatsApp.

GET TO KNOW YOUR PRIVACY SETTINGS AND USE THEM

Be sure to keep your passwords safe and don't share them with anyone. Check the privacy settings on your social media accounts as the standard 'default' is not enough.