

## Support for Parents

### Resources to support the start of the conversation for parents

Internet Matters is a not-for-profit organisation with a purpose to help parents keep their children safe online. They work with industry, policy makers and experts to build free resources, guides and tips to provide families with the tools to navigate the online world both smartly and safely.

Sky are one of the founding members of Internet Matters, providing both funding and resources in order to raise awareness of online safety, as well as collaborating on projects and campaigns just like this one.

We have collated a set of resources that will help you support your children this Anti-Bullying Week. We want you to feel confident in starting the conversation on bullying and diversity so that together we can be #UnitedAgainstBullying.

### Bespoke Parent Resources

Click on the links below to see and share the range of cyberbullying resources for parents on the Internet Matters website:

- [Cyberbullying conversation starter guide](#)
- [Cyberbullying facts & advice hub](#)
- [What to do if your child is being cyberbullied?](#)
- [Top tips to deal with cyberbullying](#)
- [Tackling online hate and trolling](#)
- [Cyberbullying tips](#)
- [Cyberbullying advice: mum shares tips](#)
- [How can cyberbullying affect my child's mental health?](#)
- [How likely will cyberbullying happen to my child and how can I protect them?](#)
- [Stop speak support advice for parents](#)

### Get Talking

