**ONLINE ANTI-SOCIAL BEHAVIOR**

Young people often tell me they don’t want to talk to their parents about people that may be abusing them online because of how mum or dad might react. It is important not to over-react if your child tells you about a problem or risk they are dealing with. Try to always maintain open lines of communication with children. Young people are more inclined to talk to parents/guardians about issues they are dealing with if the parent remains calm, show’s love, compassion and understanding when the child discloses the issue to them.

**Give your child a Lighthouse**

Sometimes children may get into situations that are embarrassing for them or so scary they just can’t bring themselves to go directly to the parent. They may also believe they are protecting you by not telling you.

Sit down with your child and let them nominate a person you both trust, who shares the same values as you to become their Lighthouse person. Make this a special moment in both your child’s life and for the nominated person.

The role of the Lighthouse is to be there for your child at any time, day or night, in person or by phone, to listen to them and help them when they need it, and then support the child and accompany them to meet their guardians and talk about what has happened.

When you actively provide this opportunity for a Lighthouse with your child, you build a safe passage for them back to you and give them permission to get help when they might need it. You should also give the Lighthouse and your child a list of agencies that are specifically set up to listen to children who need advice or help. Sometimes children need to talk to somebody outside of the family circle.

**For more information about this topic follow John Parsons on Facebook:**[www.facebook.com/johnparsonsS2E](http://www.facebook.com/johnparsonsS2E/)

### Important information

### Call 111 in emergencies. If you can’t decide whether it’s a real emergency and you’re still worried, call 111 and ask the Police. They will help you work out what to do.

### You could also contact [www.netsafe.org.nz](http://www.netsafe.org.nz) if you have concerns about your child’s use of Information Communication Technology. Sometimes a chat on the phone with an expert is all it requires to solve a problem or relieve a concern.