



DIGITAL SAFETY SQUAD

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Quick Action Checklist

When dealing with AI bullying, this checklist ensures you don't miss critical steps whilst managing the emotional stress.



Watch for behaviour changes **URGENT**

Anxiety, withdrawal, mood shifts tied to device use, reluctance to show screen



Save evidence before reporting **URGENT**

Screenshots with timestamps, usernames, context. Save to multiple locations (cloud, email, device)



Use parental controls

Monitoring apps like Bark, Qustodio, or Net Nanny detect concerning patterns early



Report deepfakes or sextortion

CEOP, StopNCII.org, Report Harmful Content, and platform-specific reporting tools



Reassure and support your child

Emphasise it's not their fault. Consider professional help if signs of anxiety, depression, or trauma



Strengthen privacy settings

Lock down profiles to friends-only, enable two-factor authentication, disable location sharing



Involve school with documentation

Clear evidence, specific examples of impact, and concrete requests for action (not vague promises)



Plan prevention strategies

Regular privacy reviews, ongoing conversations about digital safety, family technology rules

Emergency Contacts & Resources

CEOP

Report child exploitation online

StopNCII.org

Stop intimate image sharing

Childline

0800 1111 (confidential support)

NSPCC

Cyberbullying guidance & support

Digital Safety Squad™

digitalsafetysquad.com/family_safety/ai-bullying