Cyberbullying
A whole-school community issue

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What Is Cyberbullying

- Cyberbullying is the use of Information Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else.

What's Different About Cyberbullying?

- 24/7 and the invasion of home/ personal space.
- The audience can be very large and reached rapidly.
- Some instances of cyberbullying are known to be unintentional.
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Key Safety Advice

For children and young people

- Always respect others and be careful what you say online and what images you send.
- Think before you send – whatever you send can be made public very quickly and could stay online forever.
- Treat your password like your toothbrush – keep it to yourself. Only give your mobile number or personal website address to trusted friends.
- Block the bully – learn how to block or report someone who is behaving badly.
- Don't retaliate or reply! Save the evidence - learn how to keep records of offending messages, pictures or online conversations.
- Make sure you tell: an adult you trust, or call a helpline

For parents and carers

- Be aware, your child may as likely cyberbully as be a target of cyberbullying.
- Be alert to your child seeming upset after using the internet or their mobile phone, This might involve subtle comments or changes in relationships with friends. They might be unwilling to talk or be secretive about their online activities and mobile phone use.
- Talk with your children and understand the ways in which they are using the internet and their mobile phone.
- See the seven key messages for children (on the left) to get you started. Use the tools on the service and turn on in-built internet safety features.
- Remind your child not to retaliate.
- Keep the evidence of offending emails, text messages or online conversations.
- Report cyberbullying: Contact your child's school if it involves another pupil, so that they can take appropriate action.