

CYBERBULLYING



WHAT IS CYBERBULLYING?

Bullying which takes place via mobile phones or over the internet through emails, instant messaging and social media. Texts, messages or images are sent or posted on sites, which hurt intimidate or embarrass another person. Cyberbullying is not carried out face to face and people often don't know the identity of the person targeting them.

HOW DOES MOBILE TECHNOLOGY WORK?

Mobile Phones can send and receive text messages, pictures and video recordings.

Blue tooth technology connects and exchanging information between mobile phones and laptops, PCs, printers, digital cameras and video games consoles. This makes it much easier for large groups of people to view information in a very short space of time.

Social media sites such as Facebook, YouTube, Instagram and Twitter are online communities of people who share interests and Communicate through personal networks that connect them to other users.

Instant messaging and chat rooms are very different to social media sites. Anyone (strangers or friends) can access a conversation in a chat room, whereas on Facebook, for example, it is easier to control who sees your page and who can leave comments.



RESPONSIBLE USE OF TECHNOLOGY

Parents and Carers should discuss the following with young people:

- **Be Respectful of Other People's Privacy** Do not send messages, gossip, facts or photos of other people without asking them first. You may think it is funny, but they may not feel the same way.
- **Never Give Away Personal Information** about yourself or anyone else. This includes telephone numbers, or private email addresses. Never reveal your passwords to anyone, including friends – they may pass them inadvertently to other people.
- **If You Wouldn't Say It, Don't Send It** The anonymity of being online means that some people act in a way that they wouldn't behave face to face.
- **There's a History, So It Can Be Traced** Texts and online postings can be traced - each computer has a unique IP address, as does every SIM card in a mobile phone.
- **Be Polite** Do not use offensive language or act in a confrontational manner.



Discuss your child's internet and mobile phone usage. Take an interest in how they use it, what they do online, what sites they like to visit and why.

Discuss with your child:

- Sites which are acceptable and those which are unacceptable
- How much you are willing to pay toward their mobile phone each month
- Where your home computer will be located
- How long they should spend online
- Agree that passwords will only be shared with parents and carers
- What will happen if your child approaches you with an issue

You can install a filter which will block and monitor inappropriate materials.

A CHILD SAYS THEY ARE BEING CYBERBULLIED -

Do not panic! – Some young people are reluctant to tell adults as they believe the adult will over react. For them, they worry about having their mobile phone or computer taken away.

Assure them that they have done the right thing by telling you.

Listen and Learn. Ask

What has been said?

Who has been saying it?

How long has it been going on?

Has the cyberbullying been accompanied by bullying in 'Real Life'?

What have they tried to do about it already?

How has it been making them feel?/How has it been affecting them?

Have they been storing/keeping any of the bullying messages?

What else has happened since it started (Has anyone 'Hacked' into their page or posed as them online?)

Are there any images/photos/videos involved?

- **Involve the young person** in steps taken so that they experience an element of control about what is being done to address the bullying. You may consider:
- **Go through any messages** that they have received and kept—if you feel that any messages can be construed as illegal, then keep copies, dates, times, email addresses or phone numbers and take them to the police.
- **Change their mobile telephone number.** It is important that they know not to give their telephone number to people that they do not trust. Contact service provider.
- **Change their online profile.** The young person should be reminded only to accept trusted real life friends as online friends. On social media, they should only accept people they know as friends and keep personal and identifying details to a minimum. Pages should be made private and shared only with friends. Designs or cartoon characters may be used instead of photos and nicknames instead of real names.
- **Report Abuse.** In general, social media sites advise that nasty comments should be ignored and deleted unless they are threatening or illegal, in which case they should be reported to the site administrators, and where applicable, to the police. Young people can report abuse at <https://www.ceop.police.uk/safety-centre/>
- **Text Bullying.** Mobile phone providers will support people to stop text bullying. Numbers can be blocked so that you no longer receive texts, messages or calls from that number. In some cases, the police can help, but they will need evidence of the number and will want to see the texts, so they must be saved. Contact your mobile provider's malicious calls team.

Visit www.respectme.org.uk or www.thinkuknow.co.uk/parents for more details.

IF YOUR CHILD IS CYBERBULLYING ...

- Listen and learn—ask them what's been happening and what is behind their behaviour
- Establish the catalysts or reasons behind the cyberbullying behaviour,
- Explain why their behaviour is wrong

SCHOOL AND CYBERBULLYING

Jordanhill School deals with cyberbullying in several ways. Proactive measures include:

- Promotion of positive use of technology in PSE and ICT lessons to develop a culture of confident ICT users, supporting innovation and e-safety. Pupils are taught the necessity of keeping passwords confidential and usernames secure.
- Acceptable Use Policies which pupils and parents sign when pupils start ICT lessons in P6 or new pupils join the school.

While most cyberbullying takes place outside school, it can have a negative impact on the target's school life. The school will work with all parties to

- Give advice on online empowerment
- Minimise the negative impacts of the incident
- Consider when and how to contact the service provider

Work with the perpetrator to change behaviour and apply sanctions where appropriate - the aim being to hold the person to account and deter them from repeating the behaviour.

FOR FURTHER INFORMATION:

www.respectme.org.uk

www.digizen.org

www.childline.org.uk

www.kidscape.org.uk

www.stoptextbullying.com

www.ceop.police.uk

www.thinkuknow.co.uk/parents



Adapted from www.respectme.org
Cyberbullying ... Are you switched on?