



Cyberbullying



Primrose Hill Primary School
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Definition of Cyberbullying

1. the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
2. "children may be reluctant to admit to being the victims of cyberbullying"



What Is Cyberbullying?

Cyberbullying is when children use online technology purposefully to hurt and embarrass others.

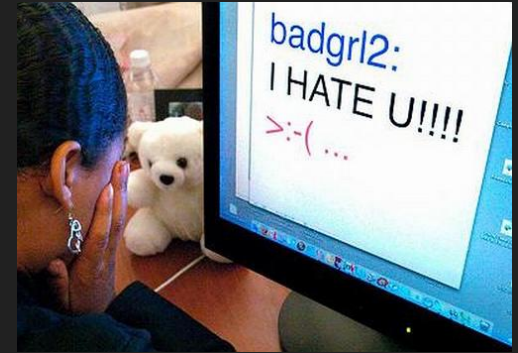
Today, children use social media, texting and email to talk to their friends. This means cyberbullying can happen easily.

Sometimes, cyberbullying is a single child but it can also be a group of children.



Cyberbullying Behaviours

- Sending mean emails, texts or instant messages.
- Sending neutral messages to the point of harassment.
- Posting hurtful things on social media.
- Spreading rumours or gossip online.
- Making fun of someone in a group online chat
- Deliberately and constantly attacking or killing an avatar or character in an online game,
- Pretending to be another person by creating a fake online profile.
- Threatening or intimidating someone online or in a text message.
- Taking an embarrassing photo or video and sharing it without permission.



It's important to know that not all online conflicts between children are cyberbullying. Sometimes, children get into arguments on social media. They may also banter with each other or use inside jokes while texting. The important thing is that your child doesn't reply or engage in this.

Recommendations for Parents

Telling someone at home is often the first response for many children but parents and carers may feel ill-prepared to provide help, particularly if they are unaware of the types of activities their children are involved in online.



Build a clear picture of what your child is involved in online - apps, websites, including the privacy and reporting procedures

Look for unusual signs - being upset after using their phone or laptop; being secretive about their online activities; spending more or less time than usual online; becoming increasingly withdrawn, upset or angry; not wanting to go to school; avoiding social situations; difficulty sleeping; and lacking confidence or self-esteem.

Gather evidence, - screenshots or message logs, and contact the relevant authority for help, including internet or mobile service providers, application or website support teams, or the police.

If it is likely that other children are involved then it is advisable to contact the school.

How to prevent cyberbullying

The best way to prevent cyberbullying is to prepare your child to interact in an online world.

Here are some things you can do:

- Talk with your child about what cyberbullying is.
- Discuss what to do if they experience cyberbullying.
- Practice real-world social skills with your child
- Keep lines of communication open with your child.
- Teach your child respect and empathy for others online.
- Understand what devices, apps and technology your child is using.
- Keep technology out of your child's bedroom where it can be used without supervision.
- Use a mobile phone contract to help manage your child's technology use.

