

The internet is amazing, and you should be able to use it in a positive way.

Nobody should be allowed to bully you or to make you feel frightened of going online.



Here are some tips to help you to keep safe online:

- **Don't** give out any personal information online. Unless you have an adult's permission.
- **Do** change your password regularly and don't tell anyone not even your best friend. Do choose passwords that are not things like your family pet.
- Try to have a password with a mixture of letters and numbers.
- **Don't** ever arrange to meet someone you only met online without a parent going with you. Meeting someone you have been in touch with online can be dangerous because they could be pretending to be someone they are not.

- **Don't** ever agree on social media or chatrooms, to a private chat unless you know that person face to face.
- Most of these sites are for children over 13 anyway so be careful what you sign up to.
- **Do** block spam. Ask your parents to help you.
- If something unkind, nasty, embarrassing or upsetting does come to you online remember it is not your fault.

NEVER GIVE OUT:

- Your real name or your friends' names
- Your home, school or email address
- Your home or mobile numbers
- A photo of yourself
- Your parents' bank or credit card details

REPORT IT IMMEDIATELY BY:

Telling an adult at home or at school.

**Talking to someone in your safety circle/network**

**Calling Childline 0800 1111.**

Speak to someone in your safety circle or another trusted adult.



Information for Pupils  
**CYBER-BULLYING**



## What is Cyber-Bullying?

Cyber-bullying is bullying that happens online using computers, tablets, gaming devices or mobile phones.

Cyber– bullying could include:

- Sending threatening text messages.
- Creating and sharing embarrassing images or videos.
- Excluding someone from online games, activities or friendship groups.
- Setting up hate sites about one child or group of children.
- Trolling, which is the sending of menacing or upsetting messages on social networks, chatrooms or online gaming sites.
- Voting for or against someone in an abusive poll.
- Pressuring someone into sending images of themselves which may be inappropriate or harmful.
- Pressuring someone into online conversations about things which may make them feel uncomfortable.
- Creating or faking online accounts by hi-jacking or stealing someone's identity to make them look bad.

## How is cyber-bullying different from other bullying?

Cyber–bullying is different from other bullying because it can be much harder to get away from.

Cyber-bullies can be anonymous online, so it is much more difficult to catch them out. They can create fake profiles, so you do not know who it is you are talking to.

Cyber-bullies may say something online that you would never think they would say face to face.

Some children say mean things online and do not realise this is cyber-bullying and it is very hurtful.

Cyber-bullies cannot see the reaction they are getting and the hurt they are causing by being mean online, so they don't always think about the huge impact their behaviour is having.

Using the report button on the site you are on or go to [thinkuknow.co.uk](http://thinkuknow.co.uk) and click on this button



## How can you spot the signs that a friend may be being cyber-bullied?

It can be difficult to tell if someone is being cyber-bullied because it may feel embarrassing or humiliating, or they may be too afraid to tell.

### Here are some signs to look out for:

Your friend:

**Stops** using technology unexpectedly or suddenly,

**Appears** jumpy when a text message, instant message or email comes,

**Avoids** socialising,

**Appears** angry, upset, depressed or frustrated after using the internet,

Does not want to talk about what they are doing on the computer.

