

What is Cyberbullying?

Cyberbullying is bullying that takes place using technology, such as mobile phones, social networking sites, applications (for example Instagram) etc. It is aimed at deliberately upsetting someone else.

Types of Cyberbullying

Text messaging - Unwelcome or threatening texts

Picture or video clips - Embarrassing or inappropriate images

Phone calls - Silent calls or abusive messages

Emails - Abusive or threatening messages

Online chat rooms - Menacing or upsetting comments

Instant messaging - Hurtful or intimidating real time messages

Websites - The creation of false websites about an individual

Social networking - False information, social exclusion or isolation

Online gaming - Victimising or intimidating

This guidance aims to:

- Define Cyberbullying and its many forms
- Reveal possible signs a child is being subjected to Cyberbullying
- Offer support of how to tackle and prevent Cyberbullying
- Explain how Cyberbullying links to Social Networking
- Clarify what the school does to tackle and prevent Cyberbullying.

Cyberbullying and Young People

Possible signs of Cyberbullying

It is not always easy to spot the signs of cyberbullying as it can happen all the time, which is a feature that makes it different from other forms of bullying. Be alert to a change in your child's behaviour, for example:

- Being upset after using the internet or their mobile phone;
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses show up on their mobile phone, laptop or tablet.
- After texting or being online they may seem withdrawn, upset or outraged.
- Not wanting to go to school and/or avoiding meeting friends.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.



How can you help?

- Encourage your child to talk to you or a trusted adult if there is a problem. Significant numbers of children do not tell anyone.
- Talk calmly about what is happening (even though you may feel upset yourself) and reassure them that it is not their fault.
- Listen and take what is said seriously.
- Save the evidence. Learn how to keep records of all offending messages, pictures or online conversations. This will help you demonstrate to others what is happening and can be used by school, internet service providers (ISP), mobile phone companies or even the police, to investigate the cyberbullying.
- Keep talking to your child and keep them involved – it is important that they know what is happening and have a say.
- Talk to the school and report all incidents.
- Do not respond to the cyberbully or try to take the law into your own hands.

Useful websites:

www.childnet.com

www.digizen.org

www.anti-bullyingalliance.org.uk

