



Online Safety News

Summer T5 2018

**Etwell Primary
School**

Cyberbullying and Online Bullying!

What is Cyberbullying? Spot the signs

Cyberbullying is when someone bullies others using electronic means. This might involve social media and messaging services on the internet, accessed on a mobile phone, tablet or gaming platform. The behaviour is usually repeated.

Like any form of bullying, cyberbullying can be horrible for the children involved and hard for them to talk about.

Cyberbullying can happen via text, email and on social networks and gaming platforms. It can consist of threats, intimidation, harassment, stalking, defamation, rejection, exclusion, identity theft, publically posting or sending on personal information about another person and manipulation.

Your child might be reluctant to tell you that they are worried about cyberbullying so it's important to look out for the signs:

They may stop using their electronic devices suddenly or unexpectedly.

They may seem nervous or jumpy when using their devices, or becoming obsessive about being con-

stantly online.

You may see a change in their behaviour such as becoming sad, withdrawn, angry, or lashing out.

Are they reluctant to go to school or take part in usual social activities?

Unexplained physical symptoms such as headaches, stomach upsets?

Are they avoiding discussions about what they're doing online or who they're talking to?

Protecting your child and dealing with Cyberbullying

The best way to keep your child safe online is to take an active interest right from the start. They need your love and protection online as much as they do in the real world. What your child is exposed to will depend on how they're using the

internet – social network users are more likely to experience cyberbullying, see sexual or violent images, or have contact with strangers.

If you become aware that your child is being cyberbullied, there are a number of things you should aim to do straight away.

Please visit <https://www.internetmatters.org/issues/cyberbullying/> for lots more information on cyberbullying. Please also remember to visit the Online Safety section of the school website for more information, links to other fantastic websites, resources and videos.

Talk about it.

Take action online.

Report it to school.

Report it to the police.

Counselling support.

All of the information in this newsletter was taken from:

<https://www.internetmatters.org/issues/cyberbullying/>