

Information for Adults

CYBERBULLYING





DID YOU KNOW?

- 93% of children use a computer and a mobile phone
- 80% teenagers have a home computer, mobile phone and game console
- 1,400,000 UK pupils have their own web space
- There are over 200 million registered users of MySpace
- There are 2.7 billion searches on Google each month
- The number of text messages sent every day is more than the total population of the planet.

CYBERBULLYING

Cyberbullying is when mobile phones and emails are used to make:

- Threats
- Harass or stalk by repeated and unwanted contact
- Make insults, racist comments, homophobic or sexist comments which are unwelcome
- Ostracising, reject and socially exclude
- Identity theft
- Disclosing information on a website to others about someone else
- Manipulate situations



DIFFICULTIES WITH CYBERBULLYING



- It is 24/7 - no escape at home
- It is high impact
- It is information that can go to a lot of people
- It is that people are more likely to say things on line
- It is emotional bullying
- It is faceless
- It can be anonymous

THESE CAN BE SIGNS OF SOMEONE BEING BULLIED

- Stress
- Not wanting to go to school
- Upset after using the internet of mobile phone
- Anxious about looking at messages
- Withdrawn
- Self harming



THIS IS HOW PEOPLE WHO ARE BEING CYBER-BULLIED CAN FEEL



- Ashamed
- Scared of making the situation worse
- Embarrassed
- Feeling they deserved it
- Low self esteem
- Feeling that adults would not understand
- Scared it will get worse
- Don't know who to tell
- Feel that everyone knows

ADVICE FOR PARENTS TO PREVENT BULLYING

- Talk to your child about how they use their computers and mobile phones
- Plan with your child who their face book friends will be (Secondary age range)



- Be a face book friend to your child
- Keep the computer somewhere you can see it e.g. in the sitting room
- Plan with your child when and where they will use their mobile phone

- Perhaps have a phone on account so that you can get statements showing who has been rung/ text
- Plan with your child that they are very careful who they give their number to
- Monitor how much time your child spends texting/ phoning

SMART RULES FOR USING IT TO PREVENT BULLYING



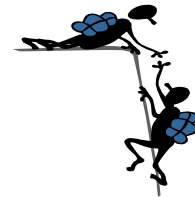
- Make sure you have software protection and use the parental controls/ blockers
- Use two email addresses (one for very personal details and one for more general messages)
- Include your child in your family e-mail

- Do not give out full names/ addresses on line
- Only open files from known people
- Check information about new e-mail contacts
- Only use webcams with people you know
- Support your child using IT

SUPPORT FOR VICTIMS

- Get the facts and look at the evidence
- Keep cool
- Listen to concerns
- Talk to the school/Youth club

- Reassure
- Come to solutions
- Give support



SUPPORT FOR THOSE WHO CYBERBULLY



- Keep cool
- Get the facts and look at the evidence
- Listen to their story, feelings and try to understand why
- Talk to the school

- Come to solutions (might include monitoring how they are using their phone etc)
- Give support to them to change what they are doing and understand the perspective of the other person



ANTI-CYBERBULLYING CODE FOR CHILDREN AND YOUNG PEOPLE



- Always respect others
- Think before you send
- Treat your password like your toothbrush
- Block the bully

- Don't retaliate or reply
- Save the evidence
- **Make sure you tell**

HELPFUL CONTACTS

Childnet International – mobile phone checklist

www.childnet-int.org

www.childnet-int.org/safety/parents.aspx

Parentline Plus

For support for parents

Telephone: 0808 800 2222

www.parentlineplus.org.uk

Kidscape

A helpline for parents and carers of bullied children

Telephone: 08451 205 204 Monday to Friday 10.00 a.m. – 4.00 p.m.

www.kidscape.org.uk

Mencap

www.mencap.org.uk/

USEFUL INFORMATION

Safe to Learn DCFS (Schools)

www.teachernet.gov.uk/wholeschool/behaviour/tackling_bullying/safetolearn/

Anti-Bullying Alliance

Advice to parents and carers

www.anti-bullyingalliance.org.uk/

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