What Can You DO?

Report it to an appropriate adult like your parents and **remember**, it's not your fault if you're being cyber bullied.

Never respond or retaliate, as this can just make things worse. It might be difficult, but try to ignore the bullies.

Block any users that send you nasty messages.

Save and print out any bullying messages, posts, pictures or videos you receive or see.

Make a note of the dates and times of bullying messages, along with any details you have about the sender's ID and the URL.

Don't pass on cyber bullying videos or messages – that makes you as bad as the cyber bully.

If you're being bullied repeatedly, think about changing your **user ID**, nickname or profile.

Report any cyber bullying, whether it's targeted at you or not.

Remember, it's not your fault if you're being cyber bullied.

Don't ignore it. If you see cyber bullying going on, report it and offer your support – tell them about Cyber Mentors.

Chat Rooms

In chat-rooms, people can pretend to be someone that they aren't and entice you to meet them (that's one of the reasons we don't have a online discussion or chat-room on the Kidscape website)

Remember CHAT

❖ **C**areful. People online might not be who they claim to be;

❖ **H**ide personal information. Never give out your name, phone number, email or address;

❖ **A**rranging to meet is dangerous. NEVER, NEVER arrange to meet a chat friend offline unless accompanied by an adult in a public place;

❖ **T**ell someone if you find something that upsets you.

ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Grateley Primary School

E-Safety and Cyber Bullying

What is Cyber bullying?

Cyber bullying is when a person, or a group of people, uses the internet, mobile phones or other digital devices to threaten, tease or abuse someone. It's against the law to bully someone in this way and if someone is being mean or threatening you, something can be done to stop them.

Types of Cyber Bullying

❖ being sent threatening emails
❖ being teased or made fun of online
   having rumours spread about you   online
❖ having unpleasant comments, pictures or videos about you sent or posted on websites (e.g. MySpace, Facebook)
❖ being sent unwanted messages
❖ having someone use your screen name or password and pretending to be you to hurt someone else
❖ being deliberately ignored or left out of things on the internet

Internet Safety - what can you do?

Don't post personal information online, like your address, your email address or mobile number - keep personal information
as general as possible.

Think very carefully before posting photos of yourself online; once your picture is online, anyone can download it and then share it or even change it.

Protect your privacy. Never let anyone have access to your passwords. Check the
privacy settings on your accounts, and make sure you know how to keep your personal information private.

Remember, not everyone online is who they say they are.

It's never a good idea to meet up with someone you've met online. You should only do this if you've told a parent or carer and they can come with you.

Think carefully about what you say before you write or post anything online.

Respect other people's views – just because you don't agree with them it doesn't mean that you have to be rude or abusive.