ANTI-BULLYING TEAM

Aim of the leaflet

To let parent/carers know about cyberbullying; signs and symptoms to watch out for if their child is being cyberbullied; what to do if your child is being cyberbullied and how as a parent/carer you can try and prevent it from happening

PROTECT US FROM CYBERBULLYING!

Quotes from the online survey and focus groups

The pupils were invited to write down how their parent/carers react to cyberbullying currently and how they feel parent/carers could help them. Here are some quotes from pupils:

" My parents were born in that generation where they have no idea what is going on. If I told my mum this is happening on the Internet, she would say 'go and read some books!'

"I believe that if I got into trouble on the Internet, my parents wouldn't listen but rather tell me off ".

"Parents need more knowledge"

 "I am not sure, I tell everything to my parents but I know other people who wouldn't want to tell them as in like if someone sent an inappropriate picture, I don't think you would want to tell your parents about this'.

"Make sure our parents know that we are on a specific site before going on it".

"I think we should have a time limit on it, and then let everyone know what we are on, and then if anything does happen, let our parents know".

What is cyberbullying?

Cyberbullying, which could also be called 'online bullying' is when another person uses harmful words to another person or does something horrible to another person on the Internet. This could also be people pressuring others to do things they don't want to.

Some examples:

- Sending mean messages to someone
- Sharing embarrassing pictures of them
- Making up and spreading untrue stories about them
- Telling others to ignore someone or leave them out of activities

TOGETHER WE CAN STOP THIS!

The most common places where cyberbullying occurs

- Social media, such as Facebook, Instagram, Snapchat and Twitter
- Text messages sent through devices
- Instant Message via devices, apps, email provider services and social media messaging features

The content an individual shares online- both their personal content as well as any negative, mean or hurtful content- creates a kind of permanent public record of their views, activities and behaviour. This public record can be thought of as an online reputation, which may be accessible to schools, employers, colleges, clubs and others who may be researching an individual now or in the future. Cyberbullying can harm the online reputations of everyone involved- not just the person being bullied, but also those doing the bullying or participating in it. Cyberbullying has unique concerns in that it can be:

Persistent

Permanent

Hard to Notice

Dangers of the Internet

No doubt, the Internet can be an extremely useful tool for your people. But instant messaging, chat rooms, emails and social networking sites can also bring trouble from cyberbullying to being exposed to sexual predators.

Top 3 dangers of the Internet:

- Cyberbullying- the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- Online predators- defined as adult online users who seek to exploit vulnerable children or adolescents for sexual or other abusive purposes. Online predators are sexual predators who use information and communications technology and the Internet to locate, target and victimize minors.
- Phishing- is a cybercrime in which a target or targets are contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data.

Findings from the online survey

The Blurred Lives project conducted an online survey in 5 schools within 5 London boroughs- Trinity was one of the schools involved where pupils from Year 9 were invited to answer some questions on their experiences of cyberbullying. Here are some of the findings from the survey carried out between May- October 2018 that relate to parent/carers.

Percentage of pupils who tell parent/carers if something nasty has happened to them online:

- 8 % of the pupils surveyed said that they told their parent/carer if something nasty had happened to them online

Percentage of pupils who tell their parent/carers information about the sites they visit online:

- 20 % of pupils always tell their parent/carers about the sites they go on
- 25 % often tell them but not always
- 27 % sometimes tell them but often they don't
- 26 % do not tell them

Percentage of pupils whose parent/carers are interested about their online experiences:

- 16% of parent/carers are interested about their child's experiences online
- 21% are quite interested
- 38 % are a bit interested but not very much
- 21 % are not interested

Characteristics of cyber-victims

- Have poor peer relationships
- Have both emotional and behavioural difficulties
- Spend more time online unsupervised
- Bully others face to face

Characteristics of Cyberbullies

- Impulsive
- Hold pro aggressive or pro bullying attitudes
- Have low levels of empathy
- Poor moral responsibility- moral disengagement
- Seek popularity among peers through aggression
- Are bullied face to face

HELP US BE SAFE ONLINE

Signs for parent/carer to look out for that may indicate your child is being cyberbullied

I. Low self-esteem
II. Withdrawal from family and spending a lot of time alone
III. Reluctance to let parents or other family members anywhere near their mobiles, laptops
IV. Finding excuses to stay away from school or work including school refusal
V. Friends disappearing or being excluded from social events
VI. Losing weight or changing appearance to try and fit in
VII. Fresh marks on the skin that could indicate self-harm and dressing differently such as long sleeved clothes in summer to hide any marks
VIII. A change in personality i.e. anger, depression, crying

Parent/carers can help prevent their child from being cyberbullied by following these top tips:

- Know your child's passwords and screen names for all electronic devices
- Be aware of what your child writes on their electronic devices. Parent/carers should monitor carefully the family computer as well.
- Learn current terminology used by kids today when corresponding with each other
- Attend cyberbullying talks
- Watch for any sudden or ongoing changes in your child
- Demonstrate that you can be trusted with any information your child shares with you
- Keep lines of communication as open as possible with careful, non-threatening conversation
- Try and stay calm if your child reports to you that they are being cyberbullied
- Remind your child to treat others the way that he/she would like to be treated
- Remind them never to say or write anything about another person that they would not be willing or comfortable to say to that person's face.

BE INTERESTED IN OUR ONLINE LIVES