

## 6. CYBERBULLYING

Cyberbullying is bullying that takes place via technology. Whatever form it takes the effects can be devastating for the young people involved.

Cyberbullying is particularly dangerous for five reasons.

1. Online technologies are accessible 24 hours a day so it can feel relentless
2. It can also intrude on spaces that were previously personal, like your home, so it can feel that there is no escape from it.
3. The use of technology can increase the audience of the bullying and multiply the number of bullies involved, as young people re-post, send or 'like' bullying content.
4. Bullies can also attempt to be anonymous which can be extremely distressing for the victim.
5. It can feel as though there is no recourse, support or possible resolution

As hard as it can be to admit, it is also possible that your child is or has been part of a bullying incident online. When talking to your child about bullying it is important to let them know how you as a family feel about the act. The advice is always to talk to them about how it makes others feel and the consequences of their actions.

Be vigilant to a change in emotional wellbeing in your child, perhaps seeming upset after using the internet or their mobile phone. This might involve subtle comments or changes in relationships with friends.

### WHAT DO I DO IF MY CHILD IS BEING BULLIED?

Offer reassurance and support; it hurts, and a victim of bullying always asks themselves whether the comments are true.

1. Your child may be in need of emotional support or feel like they have nowhere to turn. It is rare that cyberbullying is only taking place online and the bully is often someone your child knows through school or other social group.
2. Tell school! Ring Reception and ask for our Child Protection Officer or email us on our [anti-bullying email](#) address. We have strong and reliable practice, policy and procedures for dealing with this type of situation.
3. Always keep the evidence, even though it hurts to store it. Do not delete any dialogue, whether it's a text message, Facebook or an email.
4. Tell them not to reply to the bully. Don't get involved. Tell your child not to pass comment or to retaliate.
5. Ask your child if they know the bully or where the messages are coming from. If it is someone within the school environment it can be dealt with quickly and effectively. If it is coming from outside school we can support a resolution through our Safer Schools Police Officer.
6. If someone is bullying your child on a social networking or chat site encourage them to block the individual so that they can't be contacted by them anymore.
7. Report any bullying content to the website it's hosted on. Every site is different and has a different way of reporting concerns, but contacting the website is the only way to get the offensive content removed, unless it is illegal.
8. In cases of illegal content (for example indecent images or videos of young people under 18), contact our Safer School Police Officer through Reception and also report it to [CEOP](#)

Visit the [Beat Bullying](#) website. This site has proved very popular and offers practical advice and includes access to peer counsellors.



Keeping your child safer online