



CYBERBULLYING



WHAT IS CYBERBULLYING?

"The use of Information and Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else."

On this flyer Cyberbullying refers to children & young people bullying one another. If an adult is involved it is cyber harassment, stalking or potentially grooming and the police should be contacted.

CYBERBULLYING BEHAVIOUR CAN TAKE MANY FORMS BUT INCLUDES:

Text Messaging

unwelcome or threatening texts
Picture or Video clips
embarrassing or inappropriate images

Phone Calls

silent calls or abusive messages

Emails

abusive or threatening messages

Online chat rooms

menacing or upsetting comments

Instant Messaging

hurtful or intimidating real time messages

Websites

the creation of false or defamatory websites about an individual

Social networking

(e.g. Bebo, Facebook, Myspace) – false information, social exclusion or isolation

Online gaming

victimising or intimidating individuals on shared game sites

WHAT ARE THE SIGNS OF BULLYING?

Look for changes in the person:

- Secretive about work on Computer
 - Keeping mobile on silent
 - Staying in their bedroom
- Changes in relationships with their friends
 - Anxious, Moody, Withdrawn, Quiet
 - Seem unhappy but refuses to say why
- Complaining of headaches, stomach ache or other illnesses
 - Sleeping difficulties
 - Deterioration in their work

CYBERBULLYING, ARE YOU SWITCHED ON?

- ICT is an important part of your education & social life.
- It is essential that you understand the benefits and responsible use of technology.
- Switching off the internet or mobile phones isn't the answer.
- Don't wait for something to happen, make sure you know how to use technology safely including the anti-cyberbullying code.
(See useful websites - Childnet)
- Make sure that you know what to do if they or someone you know are cyberbullied e.g. how to block the bully.
- Parental control software can limit who you send to or receive emails from and block access to chat rooms which are not moderated.

CYBERBULLYING AND THE LAW

Cyberbullying activities can be offences under a range of different civil and criminal laws related to harassment, threatening behaviour and malicious communications.

TALKING TO ASAT LTD

ASAT has an antibullying, safeguarding and Prevent policy that addresses all forms of bullying including cyberbullying. It should make clear the measures that can be taken to effectively respond to cyberbullying incidents

If you have any concerns, contact our Safeguarding and Prevent Officer

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