

Cyber Leaflet

Parent controls can you check & update regular (the internet has great guides/apps but to sync your phones, these do change often so keep updating) it's acceptable for a parent to monitor a young person's phone to keep them safe. See attached our app guide this is to show what your child has downloaded some may not be age appropriate

Getting the balance right between your child on social media and activities with the family and outside is important as staying on the internet longer than average can lead to cyber bullying, grooming and an unhealthy sleep pattern



Spotting the signs of your child maybe getting cyber bullied may be difficult, here are some things to look out for:

1. Appears nervous when receiving a text, instant message, or email
2. Seems uneasy about [going to school](#) or pretends to be ill
3. Unwillingness to share information about online activity
4. Unexplained anger or depression, especially after going online
5. Abruptly shutting off or walking away from the computer mid-use
6. Withdrawing from friends and family in real life
7. Unexplained stomachaches or headaches
8. Trouble sleeping at night
9. Unexplained weight loss or gain
10. Suicidal thoughts or suicide attempts

Steps to reporting



It is useful to download this CEOP button too. Website: <https://www.ceop.police.uk>



What is Bullying



Several Times On Purpose

Bullying can affect everyone on some level, we have to work together to not be a bystander and act appropriately to help to stop this. We need to talk about it, be kind to others, listen to others and have people we trust to help keep us safe. Together we can help tackle this problem.

Types of bullying

Verbal Bullying : The Bully saying things to you

- Name Calling, not just calling you names but calling your loved one names this can be very hurtful.
- Threatening you, by saying an older brother or sister is going to hurt you, or they are waiting for you after school.

Physical Bullying

- Hitting, kicking, biting, scratching, pushing, tripping you up on purpose. Anything that hurts you by touching you is physical bullying. This is also a criminal offence and **nobody** is allowed to hit you.

Indirect Bullying

- Ignoring someone, leaving them out or not allowing them to join in a game.
- Spreading Rumours, talking about you behind your back and saying things that are not true.
- ‘The bad eyes’, someone glaring or giving you threatening looks, this is very difficult to prove but can be just as distressing.

Cyber Bullying

- **Internet abuse:** Using social networking sites to show pictures, embarrass others, set up groups and encourage others to take part in bullying online. This can be **VERY DANGEROUS** as sometimes people give out personal information that can get into the wrong hands.
- **Instant Messenger:** Bullies can come into your home and abuse you on IM.
- **Chat rooms :** using chat rooms to spread gossip and hurt peoples feelings.
- **Abusive text messages:** nasty text messages, these can be particularly scary when you don't know who they are off.
- **Silent or abusive phone calls :** these too can be quite scary and worrying.

Malicious Communications is where someone sends a letter or any other form of **communication** that is indecent or grossly offensive, threatening, or contains information which is false or believed to be false. The purpose for sending it is to cause distress or anxiety to the person it is sent to.

Your Digital Foot print

12 Tips For Students To Manage Their Digital Footprints

1. Be kind, helpful, and understanding
2. Use privacy settings
3. Keep a list of accounts
4. Don't overshare
5. Use a password keeper
6. Google yourself
7. Monitor linking accounts
8. Consider using an anonymous secondary email
9. At least skim the terms and conditions
10. Know that sending is like publishing—forever
11. Understand that searches are social
12. Use digital tools to manage your digital footprint

Sharing on line think about what to share and the consequences that picture or comment may have, it is important to ask before you share, this can avoid offending or embarrassing others

Social media age, if a young person is on social media, they have lied about their age. They are then exposed to older people who may not have genuine intentions. Also, if they have lied, how do they know others are not lying too?

Share aware video by the NSPCC

https://www.youtube.com/watch?v=DY-D_tebNXs

Safe Hand we all need one matter how old we are

Draw round your hand and list the people who we trust if you need them to listen to you, children like do this and it help when they are worried



For more information

Please visit www.bullybusters.org.uk

Or call our FREE confidential help line number 0800 168 6928

And follow us on twitter



@bbusters for regular updates

SOMEHTHING FOR YOU TO DO

Word Search

R	A	E	W	S	D	N	E	I	R	F	E	H	H
M	J	B	R	A	V	E	E	J	C	K	H	C	O
A	O	H	U	Q	O	O	Y	T	S	A	N	N	B
T	P	O	O	L	S	H	U	E	I	U	W	U	I
T	P	H	V	O	L	T	Z	R	L	X	Q	P	G
S	C	H	O	O	L	Y	A	R	D	P	H	K	G
E	P	H	K	H	B	M	M	I	A	L	O	N	E
B	W	C	J	C	S	W	I	B	E	D	A	A	S
S	A	X	D	S	A	D	R	L	R	J	L	K	T
J	C	K	S	L	U	G	G	E	R	U	M	I	T

SCHOOLYARD
BULLY
TERRIBLE
NASTY
HAIR
LUNCH
SAD
BRAVE

POOLS
PUNCH
BED
READ
ALONE
SCHOOL
FRIENDS
SLUGGER

BEST
BIGGEST
TIM
JACK
GRIM
SWEAR



Find these words from "The Bully" and circle them.
Hint: They run in all directions.