

## **St Robert Southwell Catholic Primary School Cyber Bullying Policy**

At St Robert Southwell we take this bullying very seriously as with all other types of bullying. This policy needs to be read in conjunction with the Anti-Bullying Policy.

### **What is Cyber Bullying?**

There are many types of cyber-bullying. There may be some of which we are unaware, here are the more common.

1. **Text messages** – that are threatening or cause discomfort – also included here is “Bluejacking” (the sending of anonymous text messages over short distances using “Bluetooth” wireless technology).
2. **Picture/video-clips via mobile phone cameras** – images sent to others to make the victim feel threatened or embarrassed.
3. **Mobile phone calls** – silent calls or abusive messages; or stealing the victim’s phone and using it to harass others, to make them believe the victim is responsible.
4. **Emails** – threatening or bullying emails, often sent using a pseudonym or somebody else’s name.
5. **Chat room bullying** – menacing or upsetting responses to children or young people when they are in a web based chat room.
6. **Instant messaging (IM)** – unpleasant message sent while children conduct real time conversations online using MSM (Microsoft Messenger) or Yahoo Chat – although there are others.
7. **Bullying via websites** – use of defamatory blogs (web blogs), personal websites and online personal “own web space” sites such as Bebo (which works by signing on in one’s school therefore making it easy to find a victim) and Myspace although there are others.
8. **Group chats**- Use of app chat functions to discuss with their friends. Being unkind about someone else or making someone feel uncomfortable.
9. **Gaming worlds/Youtube**- Nasty comments made about your videos, games or yourself.

### **Information for Pupils:**

#### **If you’re being bullied by phone or the Internet**

- Remember, bullying is never your fault. It can be stopped and it can usually be traced. Don’t ignore the bullying. Tell someone you trust, such as a teacher or parent or call an advice line.
- Try to keep calm. If you are frightened, try to show it as little as possible. Don’t get angry, it will only make the person bullying you more likely to continue.
- Don’t give out your personal details online – if you’re in a chat room, watch what you say about where you live, the school you go to, your e:mail address etc. All these things can help someone who wants to harm you build up a picture about you.
- Keep and save any bullying e:mails, text messages or images. Then you can show them to a parent or teacher as evidence.

- If you can, make a note of the time and date bullying messages or images were sent, and note any details about the sender.
- There's plenty of online advice on how to react to cyber bullying. For example, [www.kidscape.org](http://www.kidscape.org) and [www.wiredsafety.org](http://www.wiredsafety.org) have some useful tips:

### **Text/video messaging**

- You can easily stop receiving text messages for a while by turning off incoming messages for a couple of days. This might stop the person texting you by making them believe you've changed your phone number.
- If the bullying persists, you can change your phone number. Ask your mobile service provider about this.
- Don't reply to abusive or worrying text or video messages. Your mobile service provider will have a number for you to ring or text to report phone bullying. Visit their website for details.
- Don't delete messages from cyber bullies. You don't have to read them, but you should keep them as evidence.
- Text harassment is a crime. If the calls are simply annoying, tell a teacher, parent or carer. If they are threatening or malicious and they persist, report them to the police, taking with you all the messages you've received.
- If you have been added to a group chat, you can leave the group and speak to a trusted adult who will support you in how to approach this with your friends.

### **Phone calls**

- If you get an abusive or silent phone call, don't hang up immediately. Instead, put the phone down and walk away for a few minutes. Then hang up or turn your phone off.
- Always tell someone else: a teacher, youth worker, parent, or carer. Get them to support you and monitor what's going on.
- Don't give out personal details such as your phone number to just anyone.
- Don't leave your name on your voicemail greeting. You could get an adult to record your greeting. Their voice might stop the caller ringing again.
- If you are unsure of the dialler, get a trusted adult to answer for you.

### **Emails**

- Never reply to unpleasant or unwanted emails ('flames') – the sender wants a response, so don't give them that satisfaction.
- Keep the emails as evidence and tell an adult about them.
- Ask an adult to contact the sender's Internet Service Provider (ISP) by writing abuse @ and then the host, e.g. [abuse@hotmail.com](mailto:abuse@hotmail.com).

- Never reply to someone you don't know, even if there's an option to 'unsubscribe'. Replying simply confirms your email address as a real one.
- Don't delete them; this can be used as evidence.

**Pupils are taught:**

- How to use technologies safely and know about the risks and consequences of misusing them (Acceptable Use Policy).
- To know what to do if they or someone they know is being cyber bullied
- To respect other people – online and off. Don't spread rumours about people or share their secrets, including their phone numbers and passwords.
- What is acceptable and what is not

**Parents are reminded:**

- Keep an open dialogue with your child about their internet use.
- Monitor programs and chats.
- If you are in any doubt of how to deal with cyberbullying there are organisations to help them.
- To contact the teacher if they are worried it will manifest itself at school in their peer relationships.
- There are parental controls available to lock down devices.
- To keep devices in a central place
- Instagram and other social networks have age restrictions of 13 or over.

**Cyber Bullying Policy Updated May 2016**

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