CYBER-BULLYING POLICY

Policy Review

This policy will be reviewed in full every two years.

The policy was last reviewed and agreed January 2017.

It is due for review in November 2017.

Cyber-Bullying Policy

What is Cyber Bullying:
Bullying is unwanted negative behaviour, verbal, psychological or physical conducted, by an individual or group against another person (or persons) and which is repeated over time.

The following types of bullying behaviour are included in the definition of bullying:

• Deliberate exclusion, malicious gossip and other forms of relational bullying,
• Cyber-bullying and
• Identity-based bullying such as homophobic bullying, racist bullying, bullying based on a person's membership of the Traveller community and bullying of those with disabilities or special educational needs.
• Isolated or once-off incidents of intentional negative behaviour, including a once-off offensive or hurtful text message or other private messaging, do not fall within the definition of bullying and should be dealt with, as appropriate, in accordance with the school's code of behaviour.
• **However, in the context of this policy, placing a once-off offensive or hurtful public message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people will be regarded as bullying behaviour.**
• Negative behaviour that does not meet this definition of bullying will be dealt with in accordance with the school's code of behaviour.
•

By cyber-bullying, we mean bullying by electronic media; For Example:

· Bullying by texts or messages or calls on mobile phones
· The use of mobile phone cameras to cause distress, fear or humiliation
· Posting threatening, abusive, defamatory or humiliating material on websites, to include blogs, personal websites, social networking sites
· Using e-mail to message others
· Hijacking/cloning e-mail accounts
· Making threatening, abusive, defamatory or humiliating remarks in chat rooms, to include Facebook, Youtube and Ratemyteacher etc.

Cyber-Bullying: Counter Tactics (additional advice on Cyber-bullying and Sexting is attached at the end of this policy)

The advantages of technology are obvious to everyone and, used correctly, can be a valuable resource. Sadly, there are some who will seek to use these forms of communication to hurt people. The advice provided below is offered by Kidscape, a registered organisation whose purpose is to counteract all forms of bullying. You may wish to visit their website at www.kidscape.org for more information. Another good source of advice is www.childnet.int

Procedures: Clear pointers regarding how to keep safe and how to respond to problems should they arise:

1. Text/Video Messaging

Do not reply to abusive or obscene messaging. Texts (known as SMS or EMS) or video messaging (also known as MMS) should contain nothing offensive.

Report a problem – Your mobile service provider, e.g. Orange, T-mobile etc should have a number that you can ring to report abusive messaging. Try their web sites for details.

Be careful of your personal details – do not give out your phone numbers without care and do not leave your mobile lying around when you are not about.

2. Chat rooms or Instant Messaging (IM)

Do not give out personal information.

Protect your identity – Give yourself an alias that does not give out anything about your age, gender or location.

Think about what you write – It is very easy for people to get the wrong idea about what you write or how you write it because they cannot hear the tone of voice it may be delivered in.

Never respond to abusive posting – ignore it or log off. If you do not take time off and calm down you might end up writing something you will regret. This would only escalate the matter.

3. E-mail

Never reply. If you receive a nasty or abusive email.

Do not give them the satisfaction of a reaction - If it is from someone you think you know, like someone at school, they want some kind of reaction, just like they would if they were standing in front of you and bullying you. Do not give them the satisfaction of replying. This may make them stop bothering you.

Find out where the e-mail is coming from if they do not stop – Using an e-mail client like Outlook or Outlook Express, clicking the right mouse button over the e-mail will reveal lots of details about where and who the e-mail came from.

Get your parents involved as early as you can – They can contact the school or the service provider of the sender of the e-mail. Make a hard copy of the material if you can and retain it as evidence.

4. Spamming

The email can also come the people that you do not know, as e-mail addresses are fairly easy for companies to obtain on the interest, using

software called e-mail harvesters. They are also surprisingly easy for specialist programs to guess.

Under no circumstances reply to these types of e-mail – Even if they have a 'Click here' and 'Stop receiving this e-mail' link – this will just confirm your e-mail address as a real one. The sender can then sell or pass it on to other people and you will be flooded with even more junk and abusive e-mails.

You can delete the e-mails, but if the situation becomes serious, you should save them or print them off so that, if you need to take action, you have some evidence.

Learn more about your e-mail program from the 'Help' menu – You should be able to find details of how you can create folders, e-mail filters and folder routing. This won't stop the e-mails, but it can help to shield you from them.

5. Web

If the cyber-bullying is on a school or community website, do as you would do if the bullying was face to face – tell someone like a Class Teacher or Sponsor or your parents.

Following up a complaint of cyber-bullying
The school will talk to all those involved and view any evidence, to discover what has occurred. The feelings of the bully and the victim will be explored.

A resolution will be proposed and worked towards by the victim and the bully. The situation will be kept under review and a central record will be kept of all cyber bullying incidents.

Outcomes
If the cyber bullying is offensive, has affected the victim in a negative way and/or is repeated then school sanctions as per the Behaviour Management policy will be applied.

Advice to Parents
Monitor the use of the internet at home by requesting to see recent sites used, ask to view the front page of your child's facebook file, keep access to the internet downstairs in an open environment and avoid having a web cam in the bedroom. If your child looks unusually sad or withdrawn, gently enquire about their changed behaviour. Do contact the school or encourage your son or daughter to do the same. They may prefer to speak with a student mentor they trust or a trusted member of staff in the first instance.

Prevention
Talks will be given at school to make pupils aware of how to deal with cyber bullying.

There will also be an opportunity for parents to attend awareness talks periodically at the school.

Further Advice from the Pastoral Care Group

What is cyber -bullying

Cyberbullying is a growing problem and includes:

- sending threatening or disturbing text messages

- homophobia, racism or sexism

- making silent, hoax or abusive calls

- creating and sharing embarrassing images or videos

- 'trolling', the sending of menacing or upsetting messages on social networks, chat rooms or online games

- excluding children from online games, activities or friendship groups

- setting up hate sites or groups about a particular child

- encouraging young people to **self-harm**

- voting for someone in an abusive poll

- hijacking or stealing online identities to embarrass a young person or cause trouble using their name

- **sending 'sexts'** to pressure a child into sending images or other activity

Children may be bullied by someone they know or someone using a fake account to remain anonymous.

Sexting
Advice for parents about talking to your child about creating, sending or receiving explicit images

'Sexting' is an increasingly common activity among children and young people where they share inappropriate or explicit images online or through mobile phones.

It can also refer to written messages.

As a parent, it is important to understand the risks so that you can talk to your child about how to stay safe and what to do if they ever feel scared or uncomfortable.

What is sexting

'Sexting' is the exchange of self-generated sexually explicit images, through mobile picture messages or webcams over the internet.

Young people may also call it:

- Cybersex

- Sending a nudie, picture or selfie.

'Sexting' is often seen as flirting by children and young people who feel that it's a part of normal life**.**

How common is sexting
'Sexting' is more common than you may think and has been found to be commonplace amongst children and young people.

There was a 28% increase in calls to ChildLine in 2012/13 that mentioned 'sexting' than in 2011/12 - nearly one every day.

Most young people do not see 'sexting' as a problem and are reluctant to talk to adults about it because they are afraid of being judged or having their phones taken away.

Normal teenage behaviour
Sending pictures and inappropriate content has become normal teenage behaviour. NSPCC have a video made by channel 4 exploring this issue further.

What are the dangers of sexting

Young people may see 'sexting' as harmless activity but there are risks. Taking, sharing or receiving an image, even voluntarily, can have a long-lasting negative impact.

It's illegal
It may be common but 'sexting' is illegal. By sending an explicit image a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with their permission.

No control of images and how they are shared
It's easy to send a photo or message but the sender has no control about how it's passed on.

When images are stored or shared online they become public. They can be deleted on social media or may only last a few seconds on apps like Snapchat, but images can still be saved or copied by others.

These images may never be completely removed and could be found in the future, for example when applying for jobs or university.

Vulnerable to blackmail, bullying and harm
Young people may think 'sexting' is harmless but it can leave them vulnerable to:

Blackmail
An offender may threaten to share the pictures with the child's family and friends unless the child sends money or more images.

Bullying
If images are shared with their peers or in school, the child may be bullied.

Unwanted attention
Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.

Emotional distress
Children can feel embarrassed and humiliated. If they are very distressed this could lead to suicide or self-harm**.**

Suggested viewing:

'Exposed': the consequences of sharing images
Watch 'Exposed', a video by the Child Exploitation and Online Protection Centre (CEOP), which shows the consequences of sharing images:

Parental guidelines

What to do if your child has been affected by sexting

If you find out that your child has been 'sexting' they are likely to be anxious about talking to you. Where possible give yourself time to process this information and remember your child will be closely watching your reactions.

- Try to remain calm and supportive

- Reassure your child that they are not alone

- Listen and offer support

- If there is a problem your child will be feeling bad and needs your help, support and advice, not criticism

- Try not to shout or make your child feel like it is their fault

- Don't ask questions like "why have you done it", as your child will feel embarrassed and guilty

- Ask your child what they want to happen. This will depend on the situation but:
  - Take immediate steps where possible
  - Reassure your child that the issue will be addressed even if you need a little time to work out the best course of action for the long term
  - agree a set of actions to address the issue, e.g reporting the abuse; getting additional counselling

- If you have a trusted friend it may be helpful to discuss this with them

- Call the NSPCC helpline to talk to one of our trained counsellors

- Tell your child they can phone ChildLine for additional support

Other steps you can take to help keep your child safe

The most important way to keep your child safe is to discuss the dangers of 'sexting' and to be supportive if problems do occur.

You can also set up parental controls on your child's phone to block access to certain sites or monitor your child's activities. Find out more about what controls are available:

You may also find these practical 'how to guides' helpful:

- Set up the Vodafone Guardian app

- Set up BlackBerry® Parental Controls

- Check Vodafone Content Control on your child's mobile

ChildLine has also produced a free app for young people which is designed to provide them with witty images to send in response to a request for explicit images, and advice on how to stay safe.

- Find out more about the Zipit app

ChildLine has partnered with the Internet Watch Foundation (IWF) to help young people remove images online.

Where to get further help and advice

If you're worried about your child or you need advice about 'sexting' call the NSPCC's helpline on **0808 800 5000** to speak to one of our trained counsellors.

If you feel your child does not want to talk to you or another adult they know, you can suggest they call ChildLine, in confidence on **0800 1111**.

Cyberbullying

38% of young people have been affected by bullying online, through social networking websites or mobile phones.

Online safety: what parents need to know

Understanding what children do online and the risks they face will help your child stay safe.

Keep your child safe online visit the NSPCC website, for further information and advice.

www.kidscape.org,www.childnet.int for further information and advice.

Contact

Worried about a child?

Don't wait until you're certain. Contact Childline. And/ or the schools Pastoral Care Group and or the schools Child Protection Officer.

ChildLine 0800 1111

Following up a compliant of cyber-bullying
The school will talk to all those involved in an incident and view the material that has been published online. Following that the Anti-Bullying procedure will be undertaken as in any other bullying incidence and sanctions guided by the Behaviour Management policy may be adopted.
Should any child protection issues arise the matter will be referred to the CPO's.

Prevention
The school undertakes to have annual talks for pupils targeting the different age groups. The school will raise parent awareness by scheduling an annual talk for parents to inform and educate the extent of cyber bullying activities and advise on preventative measures.