U THINK U KNOW?

Helping you and your family with e-safety

A guide to Dealing with Cyber-Bullying

Manor Park School & Nursery Parents' Forum

Designed by parents for parents

What Is Cyberbullying?

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. By definition, it occurs among young people. When an adult is involved, it may meet the definition of cyber-harassment or cyber-stalking, a crime that is illegal and may even lead to jail.

The bullying could be through many types of devices including, computers, laptops, mobile phones, gaming consoles and other hand held devices that connect to the internet or mobile networks.

Sometimes cyberbullying can be easy to spot — for example, if your child shows you a text message, e-mail, or response to a status update on Facebook that is harsh, mean, or cruel. Other acts are less obvious, like impersonating a victim online or posting personal information, photos, or videos designed to hurt or embarrass another person. Some children report that a fake account or web-page has been created about them.

Cyberbullying also can happen accidentally. The impersonal nature of text messages, Instant Messaging and emails make it very hard to detect the sender's tone — one person's joke could be another's hurtful insult. Nevertheless, a repeated pattern of emails, text messages, and online posts is rarely accidental.

Remember that your child may feel very vulnerable as the bullying can take place at any time or location. Where once, your child may have felt safe at home; they may be being bullied via their mobile or laptop in their own bedroom.

What to do if your child is being cyberbullied.

- Offer help to your child and reassure them that is not their fault.
- Be aware that cyberbullying may not be the only form of bullying your child is experiencing.
- Ask school for support straight away. At Manor Park the Anti-Bullying Policy can be found on our web-site or ask for a copy.
- Keep the evidence – tell your child not to delete any messages or e-mails.
- Ask your child to not respond to any messages or texts and ask them if they know where they are coming from.
- Block the bullies – on social networking sites it is possible to block or delete an individual so that they can't contact them anymore.
- Consider carefully if your child is old enough to have access to the site that may be causing them difficulties e.g. Facebook is designed for young people over 13 and adults.
- Most importantly, let them know they can come to you if at all concerned & that you would support them – know that they can report any on-line harassment at:- http://ceop.police.uk/safety-centre or to the web-site where the bullying is occurring.

Other Manor Park Guides available:-

- Gaming
- Social Media e.g. Facebook
- Glossary
- Safe Use of the Internet