Knowsley
City Learning Centres

Online Safety Newsletter | Online Bullying

Online Bullying (Cyberbullying)

What is cyberbullying?

Cyberbullying is when any form of bullying takes place online via any device be it a mobile phone, tablet, console or computer. Some examples could include sending nasty messages or leaving nasty comments, sharing embarrassing photographs or excluding others when playing online games.

What is your child saying online?

Children can communicate online through lots of different apps, social media and games (WhatsApp, Instagram, FIFA, Fortnite to name a few) so it's important to talk to your child about how they behave and communicate online. It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your child about how they are speaking to others online and encourage them to talk to people online with respect, like they would if they were face-to-face. This is a useful article including tips on how to help your child be kind to others online:

https://parentinfo.org/article/safer-internet-day-2019-how-to-help-your-child-be-kind-to-others-online

How can I help?

- Set up appropriate controls on any devices/apps that your child uses.
- Set up appropriate privacy settings on any apps/games/websites that your child uses.
- Ensure your child knows how to use any reporting tools and is able to block people online.
- Talk to your child about not accepting friend requests from strangers.
- Ensure your child understands that they should not share any personal information online.
- Talk to your child about what they do share online and that they must think before they do share.

Users of this guide do so at their own discretion. No liability is entered into.
Current as of the date released 12.5.20.

What should you do?

We always recommend regularly talking to your child about what they are doing online so they understand that they should talk to you about any concerns if they arise. Ensure that your child understands that if they are bullied online then they should not engage with the person, they should instead tell an adult that they trust. Talk to your child about following these steps:

1	2	3
Block them/Report it	Don't reply or engage	Tell a trusted adult

If your child tells you that they are being bullied, stay calm and make sure your child knows that they did the right thing in telling you as bullying is not acceptable. Support them in reporting any bullying and blocking that person if able to do so. Keep evidence. Further steps may include involving your child's school or contacting an appropriate organisation such as the following:

Childline
You can contact Childline about anything.
https://www.childline.org.uk/get-support/

Bullying UK
If you are concerned about cyber bullying, you can contact Bullying UK through on 0808 800 2222

NSPCC
If you're worried about a child, contact NSPCC on 0808 800 5000 or email help@nspcc.org.uk.

CEOP
Worried about online sexual abuse/ the way someone has been communicating online contact CEOP:
https://www.ceop.police.uk/safety-centre

Finally, talk to your child about not being a bystander in bullying, encourage them to report bullying of their friends/ peers who themselves may not know what to do.

Further advice and information

- https://www.internetmatters.org/issues/cyberbullying/
- https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/

Do you have questions about Home Learning?

StarLine is a national home learning parent helpline established in response to the coronavirus outbreak. It offers expert information and advice to parents and carers. Starline can be contacted for support on 0330 313 9162 (open six days a week). More information and resources can also be found on their website: https://www.starline.org.uk/