Definition – The sending or posting of harmful or cruel text or images using the internet or other digital communication devices.

Categories –

Text message bullying – the sending of unwelcome texts that are threatening or cause discomfort.

Picture/video clip bullying via mobile phone cameras – the use of images to make the recipient feel threatened or embarrassed. Images could be sent to others. 'Happy Slapping' incidents involve filming and sharing physical attacks.

Phone call bullying – the use of silent or otherwise abusive phone calls. The calls may come from a stolen or borrowed mobile phone to make the recipient believe the calls are coming from elsewhere.

Email bullying – the use of email to send bullying or threatening messages, sometimes using an anonymous or hacked into email account.

Chat room bullying – the sending of menacing or upsetting responses to children or young people when they are in a chat room.

Bullying through instant messaging – the use of unpleasant messages in real time conversation such as MSN or Bebo.

Bullying via websites – could include the use of defamatory blogs or personal websites, including social networking sites.

What can parents do?

Make sure your child understands how to use the above technologies safely and knows about the risks and consequences of misusing them.

Make sure you child knows what to do if they or someone they know are being cyber bullied.

Encourage your child to talk to you if they have any problems with cyber bullying. If they do have a problem you could refer it on to the school, the mobile network or the internet service provider.

Parental control software can limit who your child sends email to and who he or she receives them from. It can also block access to some chatrooms.

Moderated chatrooms are supervised by trained adults. Your ISP can provide more details.

Make it your business to know what your child is doing online and who your child's online friends are.

Keep the computer in a public area in the house. Periodically check what your child is doing. Discuss the kinds of Internet activities your child enjoys. Ask an older child to teach you the most recent acronyms so you understand what you see. Eg POS (parent over shoulder).

Be upfront with your children that you will periodically investigate the files on the computer and websites visited, and your child's public online activities.

Search for your child's name online and look at their postings, profiles and blogs.

Tell you children you may limit their online activity if you feel they are putting themselves or others in danger.

Watch for secretive behaviour when you approach the computer, such as closing windows or deleting files.

<u>What you can do as a child</u>

If you are being bullied remember it is not your fault. It can be stopped and often traced.

Don't ignore it. Tell someone you trust 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.

Text or video messaging

You could turn off incoming messages for a few days.
If bullying persists you could change your number.
Do not reply to bullying messages. Your mobile phone provider may have a number to call to report phone bullying.

Email

Never reply to bullying emails.
Don't open emails from people you do not know.
Ask an adult to contact the sender's ISP.

Web

If the bullying is on the school website, tell an adult as you would if the bulling was face to face.

Chat room and instant messaging

Never give out you name, phone number, address, school name or password online. It is a good idea to use a nickname. Never give out photos of yourself.
Do not accept files or messages from people you don't know.
Remember it might not just be people your own age in the chatroom.
Stick to public areas and get out of chatrooms if you feel uncomfortable.
Tell your parents, carers or teachers if you feel uncomfortable or worried about anything that happens in a chatroom.
Think carefully about what you write – don't leave yourself open to bullying?

<u>Three Steps to E safety</u>

Keep your and other people's personal information to yourself.

If someone insults you online, ignore them, stay calm and tell someone you trust.

Respect other people both on and off line. Think how you would feel if you were bullied.

Adopted by the Curriculum and Monitoring committee at their meeting on the 22nd January 2013.

Signed:
Chairperson of Curriculum & Monitoring committee