



The Edith Borthwick School

ANTI CYBERBULLYING

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ANTI-CYBERBULLYING

Information for Parents and Learners

Cyberbullying can be defined as the use of Information and communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else. It can be an extension of face-to-face bullying, with technology providing the bully with another route to harass their target. However, it differs in several significant ways from other kinds of bullying: the invasion of home and personal space; the difficulty in controlling electronically circulated messages; the size of the audience; perceived anonymity; and even the profile of the person doing the bullying and their target. (DCSF Safe to Learn: Embedding Anti-bullying work in schools).

What can you do as a parent?

- It is important that parents and carers ensure that their children are engaged in safe and responsible online behaviour.
- Encourage your child to let you know if they have any problems with cyberbullying.
- Parental control software can limit who your child sends emails to and who he/she receives them from. It can also block access to some chat rooms.
- 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 place in the house. Periodically check on what your child is doing. Discuss the kinds of internet activities your child enjoys.
- Search for your child's name online, look at his or her profiles and postings on teen community sites, review web pages or blogs.
- Watch out for secretive behaviour as you approach the computer, such as rapidly switching screens, and for attempts to hide online behaviour, such as an empty history file.

What can you do as a student?

- If you are being bullied, 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.
- 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 hullyng you more likely to continue.

Text/Video Messaging

- You can turn off incoming messages for a couple of days.
- If bullying persists, you can change your phone number.

Chat Room and Instant Messaging

- Never give out your name, address, phone number, school name or password on line. Do not give out photos of yourself either.
- Do not accept emails or open files from people you do not know.
- Remember it might not just be people your own age in a chat room.
- Stick to public areas in chat rooms and get out if you feel uncomfortable.
- Tell your parents or carers if you feel uncomfortable or worried about anything that happens in a chat room.
- Think carefully about what you write – don't leave yourself open to bullying.

Three Rules to Remember

1. Respect other people – online and off. Do not spread rumours about people or share their secrets, including phone numbers and passwords.
2. If someone insults you online or by phone, stay calm and ignore them, but tell someone you trust.
3. Do as you would be done by. Think how you would feel if you were bullied. You are responsible for your own behaviour – make sure you don't distress other people or cause them to be bullied by someone else.

Consequences

There will be consequences for bullying behaviour. All incidents of bullying will be treated seriously.

Useful Links

<https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis>

<http://www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx>

[Homepage - UK Safer Internet Centre](#)

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