



# Cyberbullying

## Information for Students



Cyberbullying is any bullying behaviour that takes place 'virtually' via many different devices and platforms.

Unlike other forms of bullying, cyberbullying can happen at any time of day or night – whenever and wherever you or your friends have access to the internet.

From inappropriate texts or blog posts, to sending offensive images over the internet and excluding people from group chats, cyberbullying can take a number of forms – but it's important to remember that it is still bullying and should be addressed in the same way as any other form of bullying.

### Top tips for being an upstander to bullying



If you see someone being bullied, step in. You could try to diffuse the situation using positive language, images or humour.



Offer friendship. Let the person being bullied know you understand what they are going through. This could just be by asking if they are ok and letting them know you are there to talk.



Always report any offline or online bullying you see to a staff member.



Befriend the person being bullied. If they look lonely, ask them to come and sit or play with you. Students are less likely to be targeted if they are with a group or with someone else.



Don't join in with the bullying. Even if you are standing by, watching or laughing you are still encouraging and giving the bully an audience.



Respect each other's differences. Don't judge someone because they may look different or have different interests.



Think about how you would feel if you were the victim and how you would like to be treated.



Encourage your friends and those watching to leave. If the bully doesn't have an audience they are less likely to bully.



Understand the bully as they often need support too – there are often reasons why people bully in the first place. Talk to them and help them understand how their behaviours may be making the victim feel. Don't do this if you think it may make you vulnerable.

## Be Strong Online with our Top Tips



**1. Remember that you're not alone** – If you're being cyberbullied remember that others have felt this way. Cyberbullying can make you feel isolated, hurt and angry – but remember that these feelings will pass. It's important that you follow the advice below to get the support you need.



**2. Choose your online friends carefully** – Remember that anyone you accept as a friend will be able to see what you have made available on that profile. They may be able to share or screengrab your photos or information and post them elsewhere



**3. Make a strong password** for all of your accounts, change them regularly and never share these with anyone. Make sure your password includes a combination of upper and lowercase letters, numbers, and symbols. This will mean people can't access your account, steal any of your info, or post harmful comments or pictures in your name.



**Check your privacy settings** – choose the information you share with people, for example you can set your profile or data to private or only allow certain people to contact you and view particular information. Make sure you never share your address, phone number or email address with anyone online



**5. Google your name** to check what private info about you is available online. If somebody types your name into a search engine, what can they find? You may need to check your privacy settings.



**6. Keep the evidence** and save any cyberbullying texts or conversations you receive



**7. Don't respond immediately** if you receive hurtful messages online. Instead...



**8. Tell someone you trust** right away such as your parent, teacher, mentor, relative, brother or sister – anyone! If you are being cyberbullied they will work with you to sort out the problem.



**9. Block the person bullying you** – there is always a way to stop the bully contacting you – check out the privacy or safety settings of the service you are using to find out how



**10. Report it** - Any cyber bullying you suffer should be reported. Whether it is nasty comments, a text message, online chats or group bullying, it is still bullying and is not ok. Block the person and use the 'report abuse' buttons- all social networks have these.



**11. Stay positive** - Things will get better. Do activities which make you feel happy with people who love and appreciate you.



**12. Be an Upstander** and support others experiencing bullying by following our advice on the next page.

**Bystander**

A bystander is someone who knows about or sees bullying happening to someone else, and does nothing to prevent or stop it

**Upstander**

An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up, and do their best to help, protect and support the person.

**Did you know...?**

**13%** of teens have had an experience on a social network that made them feel nervous about going to school the next day

**For lots more information and advice check out**

<http://www.antibullyingpro.com/how-to-stay-safe-online>.

**Other people you can tell include...**



**24/7 advice** for young people on a range of issues



**Available 24 hours** a day for confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. **Call on 08457 90 90 90** or visit [www.samaritans.org](http://www.samaritans.org)

**School-** if the cyberbullying is happening at school, it's important to tell them and ask them to investigate it.

**Service provider-** e.g your mobile phone network or the social network site. Most service providers in the UK have special teams whose job it is to investigate complaints of harassment and abuse so make sure you let them know about what is happening on their service. So check out their websites or give them a ring to find out more.

**Police-** if you feel that the cyberbullying is particularly serious you should contact your local police