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'Excellence together with Christ at the Centre'

E-Safety: Cyber-bullying information for parents and carers

What is online bullying?

Online bullying is when someone uses the internet, phones or any other technology to threaten, tease or embarrass another person.

It can happen in a number of different ways.

One example is sending nasty messages via phone, email or even on sites which have chat functions available. This includes many video games and apps on phones. These are some of the apps which may be used to communicate with others by your child and must be carefully monitored:



Minecraft

Minecraft is a game that lets you build and create a virtual world using building blocks.



Instagram

Instagram is a popular picture and video sharing app.



Rec Room

Rec Room is a social gaming platform where you can create and play games.



Slap Kings

Slap Kings is a free mobile game where you virtually slap your opponent in the face to earn points and go up levels.



Signal

Signal is a messaging app similar to WhatsApp that lets you chat one to one and in group chats with your phone contacts via text, audio and video call.



YouTube

YouTube lets you watch, create and comment on videos.



Among Us

Among Us is a game set on a spaceship played with 4-10 other players. Players can choose to join a game with people they don't know or create their own private game with friends.



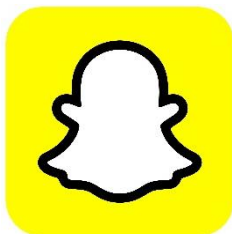
Discord

Discord is a chat app that's popular with gamers.



Disney+

Disney+ is a paid for online subscription service that lets you stream films and programmes on your device.



Snapchat

An instant messaging app and service. One of the principal features of Snapchat is that pictures and messages are usually only available for a short time before they become inaccessible to their recipients.

Bullies could also set up a website or group and then ask other people to join in and comment about a person or pictures of them.

Other things that they might do include emailing someone a virus on purpose, posting personal information where it should not be, posting or sharing photographs of someone without their consent, or calling someone names when playing a game together online.

What can you do to prevent it?

The most important thing that you can do to deal with online bullying- if you are worried that your child or anybody you know is being affected- is to encourage them to speak to an adult that they trust about it.

That might be yourself, a teacher at school or a member of your family.

One of the best things to do to avoid online bullies is to help your child avoid the spaces where this could be happening.

For example, blocking websites, email addresses or mobile numbers that send nasty messages. Parental controls are also a very effective way to monitor your child's online safety (please see the links below for how to set this up on your devices).

Many platforms have the option to 'report it' if someone is being abusive or unkind, so you should report their behaviour to whoever is in charge of the platform.

Changing your child's username may also help and you should ensure that your child never give out their personal details – such as mobile number, address or email – online. Make sure that you protect your child's passwords too to keep their information safe.

It is also a good idea to encourage your child to keep evidence if anyone is being a bully online. They can keep record of any inappropriate messages to pass them on to an adult that they trust.

Where to report concerns about online safety

If your child is experiencing any form of online bullying, or if you have any concerns about their E-safety, please contact the national bullying helpline:

<https://www.nationalbullyinghelpline.co.uk/kids.html>

You can also call ChildLine for free on 0800 1111

<https://www.childline.org.uk/>

Below is a link to the NSPCC website (National Society for the Prevention of Cruelty to Children) that highlights some of the ways you can keep your child safe online.

<https://www.net-aware.org.uk/>

Parental control how to guides:

<https://support.apple.com/en-gb/HT201304>

<https://support.google.com/googleplay/answer/1075738?hl=en-GB>

Other useful links:

This short video describes and gives examples of cyber-bullying:

<https://www.bbc.co.uk/newsround/13906802>

<https://nationalonlinesafety.com/guides>

https://beinternetlegends.withgoogle.com/en_uk/parents/

<https://www.net-aware.org.uk/>

Teachers will be having a lesson on E-Safety and online bullying with their class next week. We encourage you to engage with the information and videos included in this newsletter so that you can have meaningful conversations with your child around this very important topic.

If you have any questions or concerns please let us know and we will do our best to help support you and your child.