

SAFEGUARDING SPOTLIGHT

MARCH - DIGITAL SAFETY

CYBER BULLYING

Online bullying (often referred to as cyberbullying) is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles.

Bullying is The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

There is a strong link between online bullying and face to face bullying. Research has shown that 80% of victims of online bullying were also bullied face to face.

TIPS AND ADVICE

- Report it and block people.
- Keep evidence
- Tell someone
- Practise being assertive
- Get support from someone you trust
- Take a break from checking messages



THE IMPACT

indications to suggest that cyberbullying may be as dangerous to a young person's wellbeing as more traditional bullying behaviours. Several studies have found an increased risk of physical and mental health issues among victims of cyberbullying. As with traditional bullying, cyberbullying appears to increase the likelihood of children committing or contemplating suicide. Cyberbullying perpetrators also appeared to be at risk, and were 1.5 times more likely to attempt suicide than those who did not cyberbully.

EXAMPLES

• Written or verbal attacks • Threats of physical violence (including towards a person's family or property) • Name calling • Denigration (putting some down in front of others) • Cyberstalking (following someone without their knowledge) • Masquerading (pretending to be someone different or setting up fake profiles) • Exclusion • Prank or silent phone calls • Outing (posting personal information without consent) • Impersonation (stealing someone's password and pretending to be them) • Flaming (intentionally starting fights) • Rumour spreading

SUPPORTING OTHERS

- Let them know you're there for them.
- Help them to get support
- Think before you like or comment on something
- Help to distract them
- Be positive around people
- It can be difficult to know

Where to start with helping someone who's being bullied. But just a few words of support and showing that you care can make a massive difference.

HELP IF YOU'RE BULLYING SOMEONE

Bullying someone else isn't okay. But if you're doing it and want to stop, there are things you can do:

- Recognise what you're doing is bullying
- Delete and don't send any more posts or messages
- Don't stay on group chats or pages
- Say sorry
- Encourage others to stop bullying too
- Plan for the future

HELPFUL WEBSITES

[Childline](#)

[Anitbullying Alliance](#)

[National Bullying Helpline](#)



If you have any concerns for your safety, or the safety of others, Want to discuss any issues or want to Seek advice and guidance to keep yourself safe You can speak to your tutor or the safeguarding team in college. Email safeguarding@mbro.ac.uk Text SAFE to 60081 or drop into the wellbeing centre.

To report a non-emergency to police please call 101.

If you, or anyone else, is in immediate danger please call 999.