



ORMISTON  
**SWB**  
ACADEMY

Summer 2017

# SAFEGUARDING BULLETIN

**Message from Mrs Dickens— Vice Principal (Student Engagement and Safety)**

Welcome to the Summer Safeguarding Bulletin.

In this edition I am focussing on a nationally increasing concern which can have a negative impact upon young peoples well-being. There has been much social media regarding cyber-bullying.

## **Types of cyber-bullying include;**

- ◆ Threats and intimidation
- ◆ Harassment and stalking
- ◆ Defamation
- ◆ Rejection and exclusion
- ◆ Identity theft, hacking into social media accounts and impersonating
- ◆ Publically posting or sending on personal information about another person
- ◆ Manipulation

## How is cyberbullying different to other forms of bullying?

One of the biggest differences between cyberbullying and face-to-face bullying is that it can be hard to get away from. Young people could be bullied anywhere, anytime—even when they're at home.

It can reach a vast audience in a matter of seconds. It has the potential to draw in large numbers of people

It takes 'repetition' to a different level, with hurtful comments and images being shared multiple times

It has the potential to impact at any time of the day or night

It can offer a degree of anonymity to the perpetrator

There are very few children that have not been impacted in some way, either as the perpetrator or the victim

It's difficult to police and to punish

There is often some form of evidence (e.g. screen shot, text message)

The fact is the more time children spend online the more chance they have of having a negative experience at some point. About half of all cyberbullying comes from someone known to the victim.

## Talk about it!

If your child is upset by something they've experienced online but seems to be handling the situation then advice you can give includes:

- ◆ It may be tempting but don't retaliate.
- ◆ Shut down arguments online before they take hold. Try not to involve lots of others in online arguments.
- ◆ Ask people to take down hurtful or offensive

## Take Action!

- ◇ Choose to block or unfriend
- ◇ Report or flag upsetting content
- ◇ Save the evidence

## Spot the signs!

- Your child may stop using their electronic devices suddenly or unexpectedly.
- They may seem nervous or jumpy when using their devices, or becoming obsessive about being constantly online
- Any changes in behaviour such as; becoming sad, withdrawn, angry or lashing out.
- Reluctant to go to school or take part in usual social activities
- Unexplained physical symptoms such as headaches, stomach upsets
- Avoid discussions about what they're doing online or who they're talking to.

## What to do if your child is being cyberbullied

1. Talk about it
2. Show your support
3. Don't stop them going online
4. Help them to deal with it
5. Don't retaliate
6. Block the bullies
7. Keep the evidence
8. Don't deal with it alone
9. Know when to take it further
10. Don't stop when the bullying stops—keep talking

In the event of cyberbullying happening to your child please ensure you have informed the Academy, even if the person doing the bullying is not part of the Academy.

Should you wish to discuss any of the above or have any further questions, please contact the Academy's Safeguarding Team,