

# How to deal with cyber bullying



Cyber bullying can be overwhelming and seem like it's never going to end. But there are steps you can take, and people you can talk to in order to make it stop.

## **Recognise it**

Cyber bullying comes in **many different forms**; make sure you know how to recognise it when it happens.

Think about who is behind it, and why they may have picked you. Make sure you keep the evidence, as without proof!

## **Report it**

Unless you tell someone, like an adult it may not stop! Start by talking to your parents or guardians about the types of cyber bullying you have experienced. They will be able to help you in reporting it to the following people:

**The school:** The school has a responsibility to protect you from bullying, even if it happens when you're not in school. Ask your parents to arrange a meeting with your teacher, where you can talk about what is happening and who is involved.

**Service providers:** You can stop cyber bullies by reporting them to your service providers. To do this go to: [www.kidscape.org.uk/advice/advice-for-young-people](http://www.kidscape.org.uk/advice/advice-for-young-people)

**The police:** Forms of cyber bullying such as threatening phone calls or messages may be an illegal offence that the police can help with. Ask your parents to contact your local police station for more information.

## **Prevent it**

**Don't respond:** Never get involved in arguments online, as this will only escalate the situation and make it much worse.

**Block the bullies:** You can easily prevent cyber bullies from being able to contact you by following cyber safe settings. Go to <https://www.kidscape.org.uk/advice/advice-for-young-people>

**Increase your privacy:** Unfortunately, some people use the internet to cause harm to others. Don't let this small group ruin your experience, but be sensible with the information you share. Follow privacy guidelines by going to <https://www.kidscape.org.uk/advice/advice-for-young-people> to keep yourself protected.

**Respect your online presence:** It is easy to forget that the cyber world is the real world, and what you share online can have huge consequences. It is therefore so important that you always ***think before you post!***

A fantastic resource is the Band Runner Game available on the 'Thinkuknow' website. This website has a wealth of information for young people and parents and carers. To access this game, which is styled as a platform game, you need to log on to:

[https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)

It is very interactive and fun to play, it asks you questions throughout about how you should act whilst online and when using digital devices. We have used this in our transition groups that we run with children and they respond well to this game and it is a good learning opportunity.



**Occupational Therapy Service for Children and Young People**

**Aneurin Bevan University Health Board**

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## Staying Safe on Social Media



Most people use social media to stay in touch with friends and family but it's important to remember that there are people that will use this for other reasons and aim to make people unhappy. Don't let these silly people ruin your fun but be sensible and protect yourself!

### **Set your profiles to private**

Do you really want the whole world seeing everything that you post online? Set profiles to 'friends/followers' only.

### **Recognise the fakes**

Not everyone on social media will be who they say they are. We don't want to scare you, but there will be adults who want to cause young people harm. These people might hide behind profiles/ names and pretend to be much younger than they actually are, they could pretend they go to school or pretend to have hobbies or interests just like you. Be very wary of anyone you don't know trying to contact you. Never meet up with anybody who you haven't met before and only accept friend requests from people you know.

### **Block anyone who bothers you**

All social media sites allow you to block people who you don't want accessing your account. It is not permanent and they won't be notified.

### **Protect your identity**

Your phone number, address, bank details and any information that may hint to your personal passwords should never be shared online or with friends. Make sure passwords are strong, change them regularly and always keep them private.

### **Inform your friends**

Make sure your friends know your preferences about uploading pictures, tagging your location or sharing information. If you expect these things to be kept private then tell your friends you don't want them shared. This works both ways, so make sure that you respect other people's privacy in the same way.

### **Be wary of suspicious messages**

Never be fooled into opening messages, emails or links to sites that start with something suspicious, for example 'OMG look at this video' or 'You'll never believe this', these can take you to an untrustworthy site.

Only ever log on to a site via the official app or website, NOT through a link that you have been sent. These sorts of links and messages can ask for your personal information which an official body such as Facebook, etc. would never ask in an email/ text / message.

## Think before you post

THINK about:

### Privacy and Control

Remember even with strong privacy settings in place, it is important that whatever you post online, anywhere...it is NEVER completely private. Therefore always **think before you post**.

Even when sending pictures and messages to friends or people you know...STOP and think, even if you trust them they may pass something on that you have sent them. Once you send it, you lose control of it completely and it could end up in the wrong hands so **think before you post**. The cyber world is real!



### Why am I posting?

Is it because in the heat of the moment I feel angry about something? Later on you may feel differently and may regret posting it.

If I were a stranger reading my post would I like me as a person? Does it seem unkind and not like you at all?

Could somebody else reading it think I mean something else?

Would I say this in person? If the answer is no then **don't say it online!!!**

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