

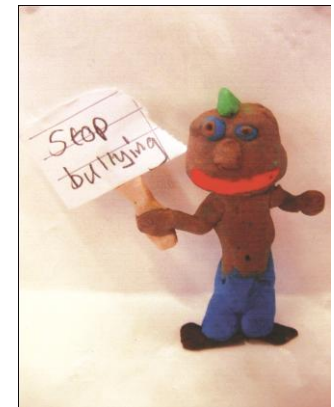
# Cyber-bullying

## A Workshop for Parents

Date: Tuesday 8<sup>th</sup> November 2011

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Behaviour Support



## Aims:

- To raise awareness about how cyber-bullying differs from other forms of bullying
- To increase confidence in knowing how to support your child if they are caught up in cyber-bullying

# Activity

## A Scaling Task

Take another look at the aim of the session and record where you are now on a scale of 1-10

# Safe to Learn: Embedding anti-bullying work in schools

*“Every child should be able to learn in a school environment free from bullying of any kind and in which they feel safe and supported.”*

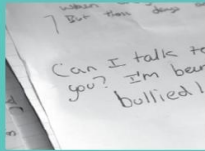
DCSF, 2007

*“In Essex we are agreed that bullying in any form is unacceptable. We aim to empower all individuals, institutions and communities to challenge, remedy and prevent bullying and create a culture where the rights of the individual are valued and upheld.”*

ECC, 2008



**Safe to Learn**




EssexWorks.

Essex County Council and Partners


# Anti-bullying

Policy and Strategy 2008

Commissioned by:



ESSEX  
Safeguarding  
Children  
BOARD



Essex County Council

# Changes in our Thinking

- Types of bullying
- The characteristics of bullies and victims
- The bystander
- Shift of emphasis from staff resolving, to pupil participation
- Bullying in the community

# The Essex Definition of Bullying

*‘Bullying is any behaviour which is perceived by the targeted individual or any other person, as intending to hurt, intimidate, frighten, harm or exclude. It is usually persistent and an abuse of power, leaving the targeted individual feeling defenceless.’*

# ACTIVITY

In your groups, list all the ways in which children and young people can communicate using a computer or mobile phone.



## What is Cyber-bullying?

*‘Cyber-bullying is the use of Information Communications Technology (ICT), particularly mobile phones and the internet, deliberately to hurt someone else.’*

# How common is cyber-bullying?

During 2010 The Essex Cybersurvey was conducted and the results found that:

- Almost a third of all 10-11 year olds reported receiving scary threatening messages on mobile phones.
- Almost one in four 12-13 year olds stated that mobile phone bullying was carried over from school into their social time.
- 32% of all respondents had experienced at least one form of phone abuse as described in the survey questionnaire.
- 42% said that they were aware that people were talking about them nastily online.

(Katz A & Dillon C 2010 Essex Cybersurvey)

## How does it differ from other forms of bullying?

- 24/7 and invasion of personal space
- The audience can be very large and reached rapidly
- People who cyber-bully may remain anonymous
- The profile of the perpetrator and the target
- Some cyber-bullying is unintentional
- Most cyber-bullying incidents can themselves act as evidence

**DVD**

*Let's Fight it Together*

# ACTIVITY

## Let's fight it together

- What were the signs of bullying?
- Could anyone have acted earlier?
- What could Joe have done?

# Some Top Tips

- Be alert to your child seeming upset after using the internet or their mobile phone
- Talk with your children about how they are using phones and the internet and try to keep up!
- Make sure you are using built-in internet safety features
- Remind your child not to retaliate
- Keep any evidence
- Report cyber-bullying
  - *Contact your child's school*
  - *Contact the service provider*
  - *Depending upon severity, consider contacting the police*

# Top Skills for effective listening

- Invite and encourage talk.
- Consider your body language.
- Repeat and clarify what your child is telling you.
- Be comfortable with silence.
- Summarise the problem.
- Resist interpreting or being simply reassuring (it can seem to deny the pain they are in).
- Encourage your child to come up with the next steps

# ACTIVITY

- What should I do if my child tells me he/she is a target of cyber-bullying?
- What should I do if a neighbour tells me that my child is cyber-bullying others?

*(include how you feel, what you say and what you do)*



# *Know It All* – A resource for parents



# The CyberMentors website

The screenshot shows the CyberMentors website homepage. At the top left is the CyberMentors logo, a blue robot-like character with a speech bubble saying "Cyber Mentors". To its right is a large green speech bubble containing the text "How R U today?". In the top right corner is the Vodafone logo. Below these elements is a horizontal navigation menu with the following items: Home, What is CyberMentors?, Videos, Free stuff, Do something positive!, Real life, and Safety Centre. A secondary row of links includes: About this site, Site rules, Your privacy, Child protection, and Send the CyberMentors an email.

Below the navigation menu, the page is divided into three main sections:

- Left section:** A yellow speech bubble with the text "Dodgy post?" and a red starburst with the text "Report it now!". Below these is a red and yellow icon of a computer monitor with a black dot in the center.
- Middle section:** A photograph showing a group of children sitting around a table, looking at a laptop screen.
- Right section:** A login and registration area. It features a text input field with the email "Rich@beatbullying", a password field with seven dots, a "Login" button, a "Forgot Password?" link, and a prominent yellow "Register" button.

At the bottom of the page, there is a blue banner with the text "CyberMentors online" on the left and "Joe Calzaghe wins £65k for Beatbullying" on the right.





## Welcome to the thinkuknow website



Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it.

If you look after young people there's an area for you too – with resources you can use in the classroom, at home or just to get with it.

Most importantly, there's also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online.

All the information here is brought to you by the team at the [Child Exploitation and Online Protection \(CEOP\) Centre](#). We hope you like it.



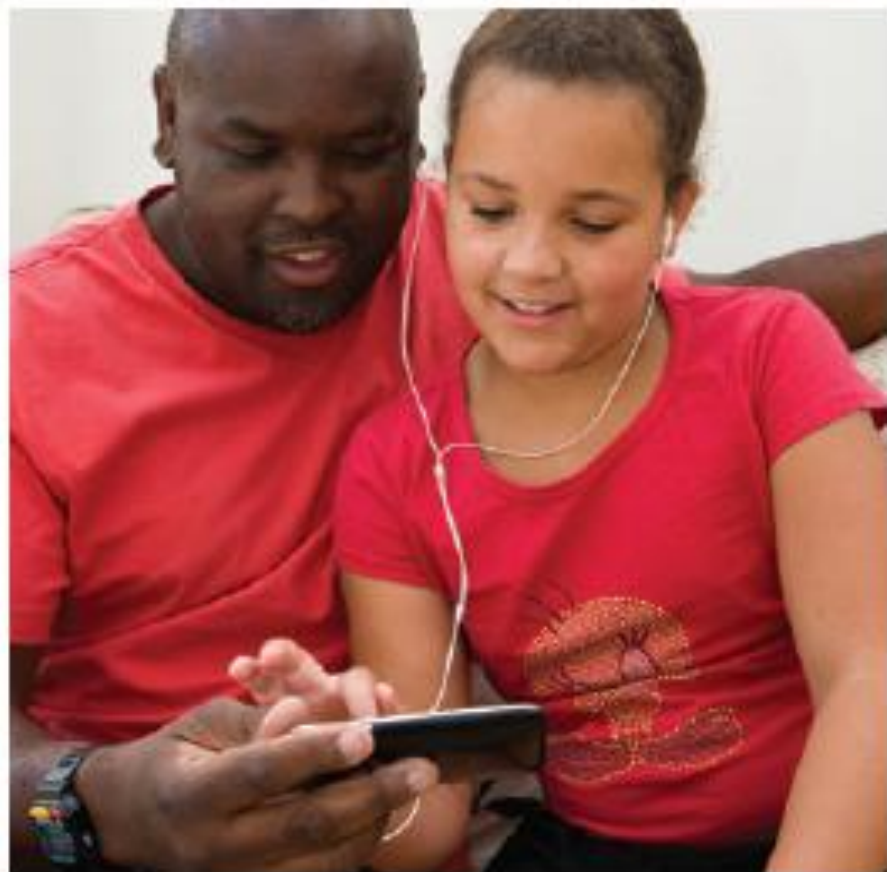
thinkuknow friends:  
 CEOP  
 Virtual Global Taskforce

Other thinkuknow sites:  
 5-7s  
 8-10s  
 11-16s  
 Parents & Carers  
 Teachers & Trainers

Site Info:  
 Contact us  
 Terms and conditions  
 Credits  
 Accessibility



co-funded by the European Union



# Click Clever Click Safe

The first UK Child Internet Safety Strategy



## Where to go for support

- [www.essex.gov.uk/antibullying](http://www.essex.gov.uk/antibullying)
- Behaviour Support Staff
- [www.childnet-int.org](http://www.childnet-int.org)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [cybermentors.org.uk](http://cybermentors.org.uk)

# Activity

## A scaling task

Take another look at the aim of the session and record where you are now on a scale of 0 -10

*The End*

*Thank you for your participation*