Longdendale
HIGH SCHOOL

Longdendale High School

Cyber Safety

Information

Parents, Carers & Learners

What is Cyber Bullying?

Cyber Bullying is using any form of technology to abuse or threaten another person. Examples include:

➢ Sending harassing text messages

➢ Making malicious/abusive phone calls

➢ Taking a picture/video of people on mobiles and passing these around for amusement

➢ Writing threatening E-mails

➢ Being abusive in online forums

➢ Writing nasty things about people in websites

➢ Sending nasty instant messages and sexting

➢ Breaking into someone's e-mail account to send nasty messages to others

➢ Standing by and watching others do any of the above

What can Parents and families do?

Take an interest in what **your** child is doing on the computer.

Familiarise yourself with the websites and apps that **your**

children use.

Read carefully the information from your Internet Service Provider (ISP) about setting parental controls and use them.

Monitor what range of sites **your** child visits most and ask them what they are doing. If **your** child was going out, you would ask what they were doing and where they are going, this is the same thing.

Understand what is meant by the different terms that people use when they are online.

Familiarise yourself and **your** children with *www.internetsafetyzone.com.* Discuss the issues, concerns and safety features with **your** child.

If **your** child does want to meet someone from their online world, make sure you accompany them and that they know the risks.

Contact the school at any time to voice any concerns you may have over what **your** child is doing.

CEOP – National online safety website that has information for families related to keeping safe online and offline.

What can Young People do?

If in chatrooms, always use a nickname, **don't** give people you don't know your personal information like full name, mobile number etc. You wouldn't do this straight away on the street, so why do it online?

Be very careful about what kind of picture, if any, you post onto the internet as people could alter it and use it for other purposes. Remember keep safe – do not take pictures of yourself or friends that are inappropriate and send them to others or keep on your phone, this is an offence.

If you are being harassed on-line, **report** this abuse via the link on the website and leave the area (i.e. chat room, instant messaging).

If you receive nasty messages through e-mail or IM, **block** the sender and report them on the website. Never reply to harassing messages

Never meet an online buddy in the real world without a trusted adult accompanying you first – better safe than sorry.

Useful sites to look at

www.thinkuknow.co.uk
www.stoptextbully.com
www.childline.org.uk
www.iwf.org.uk

Remember, not everyone on the Internet is who they say they are. It is like meeting a **stranger** in the street, you would not believe everything they tell you at first, would you?

If you have any worries about online or off line safety– please come and see Mrs Noble or Mrs Willis in school for advice and help. They are the Safeguarding Leaders in school who can help you.

What does it all mean?

Blocking – Stopping someone messaging or e-mailing you
Blog – A web diary that anyone can create that can include any information
Sexting – Sending explicit pictures or messages to another, either through text messaging or social media
SMS – Short Messaging Service (Mobile Text Messaging)
Online Buddy – Someone you swap messages with in chatrooms
Spamming – Sending lots of messages to someone at once to annoy them
Grooming – Older people getting to know younger people over time tosexually abuse them
Facebook – Web site that allows children to create their own pages and upload pictures etc – regarded by DfE as 'generally safe' but definitely worth parents having a look at generally to see the kinds of things on there.

Childline – 0800 1111 Papyrus – 0800 068 4141   NCH – Text 'Bully' 60000

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