



Park Community  
Academy

# Cyber Safety Information

Parents & Pupils

# 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 mobile and pass them around for amusement
- Writing threatening emails
- Being abusive in chat rooms
- Writing nasty things about people on websites
- Breaking into someone's email account to send nasty messages to others
- Standing by and watching others do any of the above



**S T O P**  
**cyberbullying**

## What can schools do?



School can make sure that cyber bullying is understood by all staff and added to the anti-bullying policy.

Ensure all school staff, pupils and parents know about the policy and systems and that they are regularly updated.

Monitor internet traffic within the school.

Ensure that cyber bullying is taught as part of a balanced PSHE curriculum and ensure it teaches pupils how to be safe on the internet and on their mobile phones, demonstrating the pros and cons of each.

Introduce clear policies on use of mobile phones in school during activities.

Regularly inform staff of new technologies and ways in that they might be abused by people intent of causing harm to others.

Ensure harmful websites are blocked and regularly check these remain the case.

Provide parents with a list of blocked sites and reasons for blocking every term.

Work with police and other partners such as voluntary agencies (eg. Childline) on managing cyber bullying.

## What can parents do?

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

Familiarise yourself with the websites that your child uses.

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

Monitor what sort 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 in chat rooms.

Familiarise yourself and your children with [www.internetsafetyzone.com](http://www.internetsafetyzone.com) and discuss the issues, concerns and safety features with your child.

If your child does want to meet someone from a chat room, make sure you accompany them and that they know the risks.

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



## What can young people do?

If in chat rooms, always use nicknames, don't give people you don't know your personal information like full name, mobile number etc. You wouldn't do this straight away in the street, so why would you 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.

If you are being harassed online, report this abuse via link on the website and leave the area (ie chat room, instant messaged).

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

Never meet a chat room buddy in the real world without a trusted adult accompanying you first, better safe than sorry.

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?

[www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)


[www.stoptextbully.com](http://www.stoptextbully.com)

[www.childline.org.uk](http://www.childline.org.uk)

[www.iwf.org.uk](http://www.iwf.org.uk)

### Glossary



How would you  Like it?

<b>Blocking</b>	Stopping someone messaging or emailing you
<b>Blog</b>	A web diary that anyone can create that can include any information
<b>Chat room</b>	An area on the internet where anyone can speak to anyone else in real time
<b>IM'ing</b>	Using Instant Messenger (MSN, YAHOO, SKYPE)
<b>SMS</b>	Short Messaging Service (mobile text messaging)
<b>Online Buddy</b>	Someone you swap messages with in chat rooms
<b>Spamming</b>	Sending lots of messages to someone at once to annoy them
<b>Grooming</b>	Older people getting to know younger people over time to sexually abuse them
<b>My Space/Bebob/Facebook</b>	Website that allows children to create their own pages and upload pictures etc – regarded by DfEs as 'generally safe' but definitely worth parents having a look at generally to see the kind of things on there.

Childline: 0800 1111

Samaritans: 08457909090

NCH: Text 'bully' 60000