



# Park Community Academy

## Online Safety Information

### Parents & Pupils



## What is Online Bullying?

Online 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
- Hacking into someone's email account to send nasty messages to others
- Standing by and watching others do any of the above



**STOP**  
**cyberbullying**

## What can schools do?



School can make sure that online 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 online bullying is taught as part of a balanced PSHE/Computing curriculum and ensure it teaches pupils how to be safe on the internet and on their mobile devices, 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 regular updates about websites of concern and how to monitor their use.

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

All staff completing National Online Safety training. (NOS)

## **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.

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 or on games, 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. Consider using an avatar (a cartoon picture of yourself).

If you are being harassed online, report this abuse via link on the website, take screen shots for evidence and leave the area (i.e. chat room, instant messenger).

If you receive nasty messages, screenshot the messages, block the sender, tell a trusted adult and report them on the website. Never reply to harassing messages.

Never meet a chat room buddy in the real world, 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?












### Glossary

<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>DM</b>	To direct message someone online using social media, without other seeing the message
<b>SMS</b>	Short Messaging Service (mobile text messaging)
<b>MMS</b>	Multimedia Message Service (mobile photos/video 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

Childline: 0800 1111

Samaritans: 08457909090

NCH: Text 'bully' 60000

	<a href="http://www.thinkyouknow.co.uk">www.thinkyouknow.co.uk</a>
	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
	<a href="https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/children-and-young-people/">https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/children-and-young-people/</a>
	<a href="http://www.iwf.org.uk">www.iwf.org.uk</a>
	<a href="https://www.ceop.police.uk/ceop-reporting/">https://www.ceop.police.uk/ceop-reporting/</a>
	<a href="https://nationalonlinesafety.com/">https://nationalonlinesafety.com/</a>
	<a href="https://www.childnet.com/">https://www.childnet.com/</a>
	<a href="https://www.internetmatters.org/advice/6-10/">https://www.internetmatters.org/advice/6-10/</a>
	<a href="https://beinternetawesome.withgoogle.com/en_us/">https://beinternetawesome.withgoogle.com/en_us/</a>