


Anti-Bullying Statement of Local Conditions	 Southwold School
Policies and Procedures	

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Approvals

Area/Title	Name	Signature	Date
Chair of Governors	Darren Townsend	_____	___/___/___
Principal	Helen Wollington	_____	___/___/___

What is bullying?

Bullying is a behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally.

At Southwold, bullying is considered to be, “unacceptable behaviour which occurs **on purpose, lots of times.**”

Bullying can be short term or continuous over long periods of time.

At Southwold, stopping violence and ensuring immediate physical and emotional safety is our first priority.

Why does bullying happen?

Bullying can often be motivated by prejudice against particular groups on the grounds of, for example;

Race
 Religion
 Gender
 Sexual orientation
 Sexism
 Homophobia
 Special Educational Needs
 Disability
 Because a child is adopted
 Emotional vulnerability
 Home circumstances (e.g. because of caring responsibilities and poverty)
 Culture
 Appearance

How can someone be bullied?

Emotional	- being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
Physical	- pushing, kicking, biting, hitting, punching or any use of violence
Racial	- racial taunts, graffiti, gestures
Sexual	- unwanted physical contact or sexually abusive comments
Homophobic	- because of, or focussing on the issue of sexuality
Direct or indirect Verbal	- name-calling, sarcasm, spreading rumours, teasing

Online bullying- - all areas of internet, such as email and internet chat along with Social Media misuse. Mobile threats by text messaging and calls, misuse of associated technology, i.e. camera and video facilities, IPad, games consoles.

Where can bullying happen at Southwold?

Bullying can take place in the classroom, playground, toilets, on the journey to and from school, on residential trips and cyberspace. It can take place in group activities and between families in the local community.

How can I tell if my / a child is being bullied?

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- is frightened of walking to or from school
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do make less effort with school work than previously
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money
- has belongings continually "lost"
- has unexplained cuts or bruises
- comes home hungry (lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet, mobile phone or home phone
- is nervous and jumpy when an online-message is received
- lack of eye contact
- becoming short tempered
- change in attitude to people at home
- Becomes withdrawn and is reluctant to say why
- Perceives comments from others as hurtful.

These signs and behaviours could indicate other social, emotional and/or mental health problems, but bullying should be considered a possibility and should be investigated.

At Southwold, staff must remain vigilant about bullying behaviours and approach this in the same way as any other category of Child Abuse; that is, do not wait to be told before you raise concerns or deal directly with the matter. Children may not be aware that they are being bullied; because they may be too young or have a level of Special Educational Needs which means that they may be unable to realise what others may be doing to them.

Staff must also be aware of those children who may be vulnerable pupils; those coming from troubled families, or those responding to emotional problems or mental health issues which may bring about a propensity to be unkind to others, or may make them more likely to fall victim to the behaviour of others.

How does Southwold prevent bullying?

At Southwold all staff use a variety of methods to support children in preventing and understanding the consequences of bullying through weekly whole class assemblies, Jigsaw lessons in PSHE following the SMSC Curriculum, the school Values, Anti-Bullying Ambassadors and Anti-bullying week. E-Safety Day, the Worry Monster

are also opportunities for the children to understand, prevent and report bullying. Staff will regularly discuss bullying, this will inform children that we are serious about dealing with bullying and leads to open conversations and increased confidence in children to want to discuss bullying and report any incidents and concerns about other children's behaviour.

The ethos and working philosophy of Southwold means that all staff actively encourage children to have respect for each other and for other people's property.

Good and kind/polite behaviour is regularly acknowledged and rewarded through house points, in assemblies and in individual classes. Staff will reinforce expectations of behaviour as a regular theme in line with our behaviour policy. For more information, these can be discussed with your child's class teacher or on the school website.

How can my child report of prevent bullying at Southwold?

All children at Southwold, are involved in the prevention of bullying as and when appropriate, these may include:

- Writing a set of class rules.
- Writing a personal pledge or promise against bullying.
- Writing stories or poems or drawing pictures about bullying.
- Reading stories about bullying or having them read to a class or assembly.
- Making up role-plays about what to do through scenarios of bullying.
- Reporting incidents to our school Anti-Bullying Ambassadors.
- Having discussions about bullying and why it matters that children who use unacceptable behaviour towards others are dealt with quickly.

If a child feels that they are being bullied, then there are several procedures that they are encouraged to follow: (not hierarchical)

- Tell a friend
- Tell your School Council rep or Anti-Bullying Ambassador
- Tell a teacher or adult whom you feel you can trust
- Go to the Friendship stop in the playground (a bench)
- Write your concern/ name and post it in the 'worry monster'
- Tell a parent or adult at home whom you feel you can trust
- Discuss it as part of your Jigsaw (PSHE) lesson.
- Ring Childline and follow the advice given
- Visit the school website for ideas of what to do next.

What happens if bullying occurs outside school premises?

Section 90 and 91 of the Education and Inspections Act 2006 say that a school's disciplinary powers can be used to address pupils' conduct when they are not on school premises and are not under the lawful control or charge of a member of school staff, but only if it would be reasonable for the school to regulate pupils' behaviour in those circumstances. This may include bullying incidents occurring anywhere off the school premises, such as on school or public transport, outside local shops, or in a town or village centre.

What does Southwold do to prevent bullying outside school premises?

Where bullying outside Southwold School is reported to our school staff, it will be investigated and acted upon following our recoding of bullying procedure.

Our safeguarding Leads, Mrs Helen Wollington (Principal) Mrs Gemma Penny (Deputy Principal / SENCO) Mrs Emily Holloway (Assistant Principal) Miss Sky Graefe (Deputy Safeguarding Lead) will consider the appropriate action to notify the police or anti-social behaviour coordinator in the North Oxfordshire Council. If the behaviour poses a serious threat to a pupil or member of the public, the Police will always be informed.

How does Southwold record Bullying?

All incidents of bullying will be discussed with all relevant staff and parents of the children involved, in order that everyone can be vigilant and that further incidents by the same child(ren) may be prevented from happening in the future.

Incidents of bullying will be discussed with a School Safeguarding Leads.

General incidences of bullying will be recorded in the confidential notification form by School staff. This would include incidents where staff have had to become involved and speak with children, and/or where parents have raised concerns regarding bullying. Confirmed cases of bullying will be recorded following the OCC procedure and a chronology will be kept in line with child protection procedures.

Advice to Parents

As the parent of a child whom you suspect is being bullied-

1. Report bullying incidents to either your class teacher, Mrs Helen Wollington (Principal) Mrs Gemma Penny (Deputy Principal / SENCO) Mrs Emily Holloway (Assistant Principal) Miss Sky Graefe (Deputy Safeguarding Lead).
2. The incidents will be recorded by staff and the Principal notified.
3. Parents should be informed and will be asked to come in to a meeting to discuss the problem.
4. If necessary and appropriate, police will be consulted.
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly.
6. An attempt will be made to help the child using unacceptable behaviour towards others, to change their behaviour.
7. Report the incident in the attached Recording Prejudice-related Incidents and Bullying form and give to the child's class teacher.

Please Do Not:

1. Attempt to sort the problem out yourself by speaking to the child whom you think may be behaving inappropriately towards your child or by speaking to their parents.
2. Encourage your child to be 'a bully' back.

Both of these will only make the problem much harder to solve.

HELP ORGANISATIONS:

Childline 0800 11 11

Advisory Centre for Education (ACE) 020 7354 8321

Children's Legal Centre 0845 345 4345

Anti-Bullying Alliance General enquiries by email: aba@ncb.org.uk

KIDSCAPE Parents Helpline (Mon-Fri, 10-4) 0845 1 205 204

Parentline Plus 0808 800 2222

Youth Access 020 8772 9900

Bullying Online www.bullying.co.uk

Visit the Kidscape website www.kidscape.org.uk for further support, links and advice.

For a copy of Kidscape's free booklets "Stop Bullying", "Preventing Bullying" and "You Can Beat Bullying", send a large (A4) self-addressed envelope (marked "Bully Pack") with 6 first class stamps to: Kidscape, 2 Grosvenor Gardens, London SW1W 0DH

Online Bullying

The school recognises that technology plays an important and positive role in everyone's lives, both educationally and socially. It is committed to helping all members of the school community to understand both the benefits and the risks, and to equip children with the knowledge and skills to be able to use technology safely and responsibly.

We want to ensure that we:

- safeguard the pupils in the real and virtual world;
- the pupils, staff and parents are educated to understand what online bullying is and what its consequences can be;
- have knowledge, policies and procedures put in place to prevent incidents of online bullying in school or within the school community;
- have effective measures to deal effectively with cases of online bullying;
- monitor the effectiveness of prevention measures.

What is Online bullying?

Online bullying involves the use of technology to support deliberate, repeated, and hostile behaviour by an individual or group that is intended to harm others.

It can involve Social Networking Sites, emails and mobile phones used for SMS messages and as cameras. There are many ways of online bullying:

- it can be used to carry out all the different types of bullying; an extension of face-to-face bullying;
- it can also go further in that it can invade home/personal space and can involve a greater number of people;
- it can take place across age groups and school staff and other adults can be targeted;
- it can draw bystanders into being accessories;
- it includes: threats and intimidation; harassment or 'cyberstalking'; vilification/defamation; exclusion or peer rejection;
- impersonation; unauthorised publication of private information or images ('happy-slapping'); and manipulation;
- it can be an illegal act.

Types of online bullying

There are many different types of online bullying:

Harassment - This is the act of sending offensive, rude, and insulting messages and being abusive. Nasty or humiliating comments on posts, photos and in chat rooms. Being explicitly offensive on gaming sites.

Denigration - This is when someone may send information about another person that is fake, damaging and untrue. Sharing photos of someone for the purpose of ridicule, spreading fake rumours and gossip. This can be on any site online or on apps. We even hear about people altering photos of others and posting in online for the purpose of bullying.

Flaming - This is when someone is purposely using really extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

Impersonation - This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others. The making up of fake profiles on social network sites, apps and online are commonplace and it can be really difficult to get them closed down.

Outing and Trickery - This is when someone may share personal information about another or tricks someone into revealing secrets and forwards it to others. They may also do this with private images and videos too.

Cyber Stalking - This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person afraid for his or her safety. The actions may be illegal too depending on what they are doing.

Exclusion - This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement. This is also a form of social bullying and a very common.

Blackmail and Grooming

What is Grooming? 'A course of conduct enacted by a suspected paedophile, which would give a reasonable person cause for concern that any meeting with a child arising from the conduct would be for unlawful purposes.' **Sexual Offences Act, 2003**

1.1. Often, adults who want to engage children in sexual acts, to talk to them for sexual gratification will seek out young people who desire friendship. They will often use a number of grooming techniques including building trust with the child in more intimate forms of communication, including compromising a child with the use of images and webcams. Child sex abusers will often use blackmail and guilt as methods of securing a meeting with a child.

How would I know if my/ a child was being groomed?

There is no way of knowing without speaking to your child but there are some behaviours to look out for:

- excessive use of the computer;
- aggressive behaviour regarding internet usage;
- secretive behavior;
- change in use of sexual language.

1.2. According to the Sexual Offences Act, 2003, 'It is against the law for anyone under the age of 18 to take, send or redistribute pictures of anyone under the age of 18.'

1.3. CEOP is [The Child Exploitation and Online Protection Centre](#) and they investigate cases of sexual abuse and grooming on the internet. You can report incidents by clicking the [red button](#) on the top right hand corner of the CEOP website. Although the police can get information from your computer's hard drive, it is helpful if you don't delete anything until the police have decided whether they need it as evidence.

How do we prevent online bullying at Southwold?

- Staff will receive training in identifying online bullying and understanding their responsibilities in developing e-safety. Staff will be helped to keep up to date with the technologies that children are using.
- The delivery of Computing and e-safety lessons are an important part of preventative strategy and will discuss keeping personal information safe and appropriate use of the internet.
- It is desirable that the pupils will be involved in a response to online bullying. They will have a voice through the School Council and the Digital Leaders.
- Pupils will be educated about online bullying through a variety of means: assemblies, Anti-bullying Week, projects (E-safety, Drama, English), etc.
- Pupils will sign a 'Safe and Acceptable Use' Policy before they are allowed to use school computer equipment and the internet in school and parents will be encouraged to discuss its contents with their children.
- Parents will be provided with information and advice on e-safety and online bullying via literature, talks, etc.
- Pupils and staff will be involved in evaluating and improving policies and procedures through School Council and Digital Leaders, where appropriate.
- Ensure regular review and update of existing policies to include online bullying where appropriate.
- Southwold will keep good records of all online bullying incidents. All incidents will be reported to the Principal and Deputy, where they will fill out the 'Reporting Log sheet,' and follow procedures linked to our School E-Safety policy.
- Publicise rules and sanctions effectively.
- Southwold uses filtering, firewall, anti-spyware software, anti-virus software and secure connections to safeguard the pupils. Though electronic controls alone can never be 100% effective, and pupils should adhere to the Southwold 'Safe and Acceptable Use' policy.
- Make positive use of technology across the curriculum.
- Use training opportunities to help staff develop their practice creatively and support pupils in safe and responsible use.
- Ensure all staff and children understand the importance of password security and the need to log out of accounts.
- Ensure staff can recognise non-verbal signs and indications of online bullying with regular safeguarding training.
- Publicise and promote the message that asking for help is the right thing to do and shows strength and good

judgement.

- Publicise to all members of the school community the ways in which online bullying can be reported.
- Provide information for all pupils including reassurances about 'whistleblowing' and the appropriate way of informing appropriate staff or parents about incidents they have witnessed.
- Provide information on external reporting routes e.g. mobile phone company, internet service provider, Childline, CEOP or the NSA – Evaluating the effectiveness of prevention measures.
- Identify areas for improvement and incorporate pupil ideas derived from School Council and Digital Leaders.
- It is desirable to conduct an annual evaluation including a review of recorded online bullying incidents.

How do we respond to online bullying at Southwold?

Most cases of online bullying will be dealt with through the school's existing [Anti-bullying Policy](#) and this must remain the framework within incidents of bullying are investigated. However, some features of online bullying differ from other forms of bullying and may prompt a particular response. The key differences are:

- Impact: the scale and scope of online bullying can be greater than other forms of bullying.
- Targets and perpetrators: the people involved may have a different profile to traditional bullies and their targets.
- Location: the 24/7 and anywhere nature of online bullying.
- Anonymity: the person being bullied will not always know who is bullying them.
- Intent: some pupils may not be aware that what they are doing is bullying.
- Evidence: unlike other forms of bullying, the target of the bullying will have evidence of its occurrence.
- It is possible that a member of staff may be a victim and these responses apply to them too.

Providing support for the person being bullied

- Offer emotional support; reassure them that they have done the right thing in telling someone.
- Advise the person not to retaliate or reply. Instead, keep the evidence and take it to their parent or a member of staff (in the case of staff they should take it to their line manager).
- Advise the person to consider what information they have in the public domain.
- Unless the victim sees it as a punishment, they may be advised to change e.g. mobile phone number.
- If hurtful or embarrassing content is being distributed, try to get it removed from the web, once the necessary channels are informed. If the person who posted it is known, ensure they understand why it is wrong and ask them to remove it. Alternatively, contact the host provider and make a report to get the content taken down.
- In some cases, the person being bullied may be able to block the person bullying from their sites and services. Appendix I contains information on what service providers can do and how to contact them.

Investigation

- The safeguarding of the child is paramount and staff should investigate in accordance with the Southwold [Safeguarding and Child Protection Policy](#).
- All cases (with the exception of Child Protection issues) will be referred to and logged by the Principal and Deputy Principal.
- Interviews will be held in accordance with the Southwold [Anti-Bullying Policy](#).
- Staff and pupils should be advised to preserve evidence and a record of abuse; save phone messages, record or save-and-print instant messenger conversations, print or produce a screenshot of social network pages, print, save and forward to staff whole email messages.
- If images are involved, determine whether they might be illegal or raise child protection concerns. If so, contact the DSL, who may involve the LADO (Local Authority Designated Officer), the local police in cases of actual/suspected illegal content, or CEOP <http://ceop.police.uk>
- Identify the bully (see Appendix 2 for guidance).
- Any allegations against staff should be handled as other allegations following guidance in Keeping Children Safe in Education September 2018.
- Confiscate device(s) if appropriate.

Working with the bully and applying sanctions

The Principal or Deputy Principal will apply sanctions as appropriate. The aim of the sanctions will be:

- to help the person harmed to feel safe again and be assured that the bullying will stop;
- to hold the perpetrator to account, getting them to recognise the harm caused and deter them from repeating the behaviour;
- to demonstrate to the school community that online bullying is unacceptable and that the school has effective ways of dealing with it, so deterring others from behaving similarly;
- sanctions for any breaches of [SAUP](#) or internet/mobile phone agreements will be applied;
- in applying sanctions, consideration must be given to type and impact of bullying and the possibility that it was unintentional or was in retaliation.
- the outcome must include helping the bully to recognise the consequence of their actions and providing support to enable the attitude and behaviour of the bully to change;
- a key part of the sanction may well involve ensuring that the pupil deletes files.

Legal duties and powers

- The school has a duty to protect all its members and provide a safe, healthy environment.
- School staff may request a pupil to reveal a message or other phone content and may confiscate a phone.
- If they consider that a mobile phone may contain evidence of bullying or a crime or the potential of a crime they may investigate the specific contents relating to that act.
- Some online bullying activities could be criminal offences under a range of different laws including Protection from Harassment Act 1997. For further references please refer to the Southwold [Anti-Bullying Policy](#) and the Southwold [Safeguarding and Child Protection Policy](#).

APPENDIX I Additional Information

When and how to contact the service provider:

Mobile Phones

All UK mobile operators have nuisance call centres set up and/or procedures in place to deal with such instances. The responses may vary, but possibilities for the operator include changing the mobile number of the person being bullied so that the bully will not be able to continue to contact them without finding out their new number. It is not always possible for operators to bar particular numbers from contacting the phone of the person being bullied, although some phone handsets themselves do have this capability. Action can be taken against the bully's phone account (e.g. blocking their account), only with police involvement.

Details of how to contact the phone operators: O2: 0844 8090200 Vodafone: call customer services on 191 from a Vodafone phone or on any other phone call 03333040191 for Pay Monthly customers or on 03333348069 for Pay As You Go customers. T-Mobile/EE: call customer services on 150 from your T-Mobile/EE phone or on 0845 412 5000 from a landline, or email using the 'how to contact us' section of the T-Mobile/EE website at:

<http://www.t-mobile.co.uk/contactus/> or <http://ee.co.uk/help/contact-us>. Social networking sites It is normally possible to block/ignore particular users on social networking sites, which should mean the user can stop receiving unwanted comments. Users can do this from within the site.

Many social network providers also enable users to pre-moderate any comments left on their profile before they are visible by others. This can help a user prevent unwanted or hurtful comments appearing on their profile for all to see. The user can also set their profile to for all to see. The user can also set their profile to "Private", so that only those authorised by the user are able to access and see their profile.

It is good practice for social network providers to make reporting incidents of online bullying easy, and thus have clear, accessible and prominent reporting features. Many of these reporting features will be within the profiles themselves, so they are 'handy' for the user. If social networking sites do receive reports about online bullying, they will investigate and can remove content that is illegal or breaks their terms and conditions in other ways. They may issue conduct warnings and they can delete the accounts of those that have broken these rules. It is also good practice for social network providers to make clear to the users what the terms and conditions are for using the service, outlining what is inappropriate and unacceptable behaviour, as well as providing prominent safety information so that users know how to use the service safely and responsibly.

Contacts for some social network providers: Facebook and Bebo: reports can be made by clicking on a 'Report Abuse' link located below the user's profile photo (top left hand corner of screen) on every Bebo profile. Bebo users can also report specific media content (i.e. photos, videos, widgets) to the Bebo customer services team by clicking on a 'Report Abuse' link located below the content they wish to report. Users have the option to report suspicious online activity directly to the police by clicking the 'Report Abuse' link and then clicking the 'File Police Report' button.

MySpace: reports can be made via the 'Ask MySpace' link: <https://www.askmyspace.com/t5/Privacy-Abuse/bg-p/privacyandprotection>

Twitter: To report abuse on Twitter, go to the Help Centre then follow the guidance under Safety and Security. Instant Messenger (IM) It is possible to block users, or change Instant Messenger IDs so the bully is not able to contact their target any more. Most providers will have information on their website about how to do this. In addition, the Instant Messenger provider can investigate and shut down any accounts that have been misused and clearly break their terms of service. The best evidence for the service provider is archived or recorded conversations and most IM providers allow the user to record all messages.

It is also good practice for Instant Messenger providers to have visible and easy-to-access reporting features on their service. Contacts of some IM providers:

MSN/ MSN Messenger: when in Windows Live Messenger, clicking the 'Help' tab will bring up a range of options, including 'Report Abuse'.

Yahoo!: when in Yahoo! Messenger, clicking the 'Help' tab will bring up a range of options, including 'Report Abuse.' Email providers (e.g. Hotmail and Gmail) It is possible to block particular senders and if the bullying persists and alternative is for the person being bullied to change their email addresses. The email provider will have information on their website and how to create a new account. Contacts of some email providers

Yahoo! Mail: there is a 'Help' link available to users when logged in, which contains a reporting form.

Video-hosting sites: it is possible to get content taken down from video-hosting sites, though the content will need to be illegal or have broken the terms of service of the site in other ways. On YouTube, perhaps the most well-known of such sites, it is possible to report content to the site provider as inappropriate. In order to do this, you will need to create an account (this is free) and log in, and then you will have the option to 'flag content as inappropriate'. The option to flag the content is under the video content itself.

YouTube provides information on what is considered inappropriate at: <http://www.youtube.com/yt/policyandsafety/safety.html>

Chat rooms, individual website owners/forums, message board hosts. Most chatrooms should offer the user the option of blocking or ignoring particular users. Some services may be moderated, and then moderators will warn users posting abusive comments or take down content that breaks their terms of use.

Identifying the Bully

Although the technology seemingly allows anonymity, there are ways to find out information about where bullying originated. However, it is important to be aware that this may not necessarily lead to an identifiable individual. For instance, if another person's phone or school network account has been used, locating where the information was originally sent from will not, by itself, determine who the bully is. There have been cases of people using another individual's phone or hacking into their IM or school email account to send nasty messages.

In cases where you do not know the identity of the bully, some key questions to look at:

- Was the bullying carried out on the school system? If yes, are there logs in school to see who it was? Contact the school to see if this is possible.
- Are there identifiable witnesses that can be interviewed? There may be children who have visited the offending site and left comments, for example.
- If the bullying was not carried out on the school system, was it carried out on a mobile or a particular internet service (e.g. IM or social networking site)? As discussed, the service provider, when contacted, may be able to take some steps to stop the abuse by blocking the aggressor or removing content it considers defamatory or breaks their terms of service. However, the police will need to be involved to enable them to look into the data of another user.
- If the bullying was via mobile phone, has the bully withheld their number? If so, it is important to record the date and time of the message and contact the mobile operator. Steps can be taken to trace the call, but the mobile operator can only disclose this information to the police, so police would need to be involved. If the number is not withheld, it may be possible for the school to identify the caller. For example, another student may be able to identify the number or the school may already keep records of the mobile phone numbers of their pupils. Content shared through a local wireless connection on mobile phones does not pass through the service providers' network and is much harder to trace. Similarly, text messages sent from a website to a phone also provide difficulties for tracing for the internet service or mobile operator.
- Has a potential criminal offence been committed? If so, the police may have a duty to investigate. Police can issue a RIPA (Regulation of Investigatory Powers Act 2000) request to a service provider, enabling them to disclose the data about a message or the person sending a message. This may help identify the bully. Relevant criminal offences here include harassment and stalking, threats of harm or violence to a person or property, any evidence of sexual exploitation (for example grooming or inappropriate sexual contact or behaviour). A new national agency called the Child Exploitation and Online Protection Centre (CEOP) was set up in 2006 to deal with child sexual exploitation, and it is possible to report directly to them online at <http://ceop.police.uk>. However, it is important to note that it is the sexual exploitation of children and

young people, not online bullying, which forms the remit of CEOP. Information about online bullying and civil and criminal laws. It is very important for schools to take online bullying seriously. It can be a very serious matter and can constitute a criminal offence. Although bullying or online bullying is not a specific offence in UK law, there are criminal laws that can apply in terms of harassment, for example, or threatening behaviour, or indeed – particularly for online bullying – threatening and menacing communications.

Some Useful Agencies/Resources

Websites and resources that offer support guidance and strategies for children, young people, schools and parents/carers to prevent all forms of bullying:

Anti-Bullying Alliance

This site offers information advice and resources on anti-bullying. It is intended to be a one stop shop where teachers can download assembly materials, lesson ideas and information including those for Anti-Bullying Week. The site brings information, advice and resources together from more than 65 of its members, which include charities Childline, Kidscape, Mencap and the Association of Teachers & Lecturers (ATL). It has a site called Hometown for children and young people about dealing with all forms of bullying: <http://anti-bullyingalliance.org.uk/>

Anti-Bullying Network

An excellent Scottish Anti-Bullying site based at the University of Edinburgh dedicated to promoting a positive school ethos. It has advice for pupils, teachers, parents, on all aspects of bullying, including homophobic, racist and cyber and good case examples of schools in the region that have tried out various strategies to reduce bullying, organised under specific headings. Schools may find these useful for ideas and to adapt. <http://www.antibullying.net>

Antibully

Provides advice to parents whose children are subject to bullying, to spot the signs, listen to them carefully and praise their courage in wanting to deal with the situation. <http://www.antibully.org.uk/bgbullied.htm>

AboutKidsHealth

A Canadian resource and website being developed at The Hospital for Sick Children, one of the largest paediatric teaching hospitals in the world. It has excellent resources on a number of topics related to children and young people's emotional health, wellbeing and safety, including behaviour, bullying and a good section on online bullying. <http://www.aboutkidshealth.ca/En/Pages/default.aspx>

BeatBullying

A very successful charity that supports borough-based, youth-lead, anti-bullying campaigns. It works with young people and professionals and organises seminars, training courses and conferences. It has an accessible website for young people and schools. It also provides professionals with comprehensive antibullying toolkits. <http://www.beatbullying.org>

British Youth Council

The BYC brings young people together to agree on issues of common and encourage them to bring about change through taking collective action. <http://www.byc.org.uk>

Bullying Online

This provides some useful information on a number of bullying behaviours and strategies to prevent bullying. It offers advice to parents and children. However, there is no contact link or "about us" section so we do not really know who is behind the organisation or what they stand for. <http://www.bullyfreeworld.co.uk/>

BBC Bullying

This provides links and resources explaining how to stop bullying. http://www.bbc.co.uk/schools/parents/cyber_bullying/

Chatdanger

This gives advice for young people and parents on using Internet Chatrooms safely. <http://www.chatdanger.com>

Headliners

Headliners are a UK-wide news agency producing news, features and comment by young people for everyone. It encourages young people to express their views through story, journalism, photos and images on all issues including bullying that affect them. <http://www.headliners.org/>

CEOP: (Child exploitation online protection)

A newly formed government agency that is dedicated to promoting online safety for children who may be vulnerable to sexual exploitation in chat rooms. It works with a number of charities and police across the UK and has a website for secondary age pupils called 'thinkuknow'. <http://www.ceop.gov.uk/>

ChildLine

This provides a 24-hour helpline for children and young people being bullied in the UK. Children and young people can call 0800 1111 to talk about any problem. It is a major charity that is now housed with NSPCC. It provides training in peer support for pupils and schools and has a range of publications and downloadable resources for children, parents and teachers. <http://www.childline.org.uk>

Childnet International

This is a charity that aims to make the internet a safer place for children and is dedicated to internet safety. It is concerned to prevent abuse on the internet and online bullying. <http://www.childnet-int.org>

Children's Legal Centre

This has produced a very helpful document called 'Bullying-a Guide to the Law' which can be downloaded. This publication is an essential tool for parents whose children are being bullied and for professionals providing advice in this area. It advises on actions schools are required to take to prevent and deal with bullying effectively, as well as providing practical advice on what parents can do if a school fails to support their child. <http://www.childrenslegalcentre.com>

Equality and Human Rights Commission

This has examples of anti-harassment policies and links for education establishments to websites that provide relevant information on racist aspects of bullying. <http://www.equalityhumanrights.com/>

Kidscape

Kidscape is committed to keeping children safe from abuse. It is the first charity in the UK established specifically to prevent bullying and child sexual abuse it provides information, good resources and training for children and young people under the age of 16, their parents/carers. It offers a range of courses for professionals. It also provides courses in assertiveness training, ZAP, for children and young people and develops their confidence and skills to resist bullying and forms of abuse. <http://www.kidscape.org.uk>

NSPCC

The NSPCC works tirelessly and promotes public campaigns to stop cruelty to children. There is advice on a number of issues related to bullying, child protection, and abuse. Kids Zone which contains details for their child protection helpline for young people who have problems at home or are being bullied. <http://www.nspcc.org.uk>

Journeys

Children and young people talking about bullying. This booklet, the first publication from the Office of the Children's Commissioner for England, tells the real stories of ten children and young people who have experience bullying. It also includes their tips for dealing with bullying and an endnote by Al Aynsley-Green, the Children's Commissioner for England. Available at: http://www.childrenscommissioner.gov.uk/content/publications/content_222

Books

Most of the websites listed above have books and resources that schools can order to extend their understanding of bullying and how to prevent it.

"A Volcano in my Tummy" written by Elaine Whitehouse and Warwick Pudney. The book begins with a little insight into anger itself as well as the "rules" of anger. Anger is okay. It's okay to feel anger, to talk about anger, to express anger in an appropriate way. It's not okay to hurt yourself and other people, animals or things when you are angry. This is an excellent practical resource with imaginative ideas for lessons to help children to manage and deal with the emotion of anger. <http://www.amazon.co.uk/>

General advice on protecting yourself online and dealing with Online bullying

To avoid the risk of being exposed to illegal content and protecting yourself online, we recommend the following precautions:

- Do not share your personal information! This includes pictures of you or your family and friends, email addresses, mobile numbers and online IDs.
- Do not arrange to meet strangers! You may have been communicating with people you think you know online, but do you really know who they are?
- Do not open email or links on social networking pages from people you do not know or when you do not recognise the email address
- Similarly, do not open attachments or pictures you receive from unknown people or email addresses
- Ensure you have an effective filter on your PC to stop unwanted content.
- If you are regularly using search engines (such as Google, Bing or Yahoo), you can set each search engine site to a strict level of filtering. This limits what a search will bring up when entering keywords. Check your options with your preferred search engine site. Once you have chosen a search filtering level, check these settings regularly to ensure they have not been amended or switched off.
- Viewing illegal images online can carry a penalty of up to 10 years in prison in the UK.
- Curiosity is normal on the internet, but being exposed to unwanted and potentially illegal images is not acceptable.
- Child Abuse images reflect just that; abuse of children and as such, should always be reported.
- Did you know that the age of criminal responsibility starts at age 10 in England and Wales!

General advice on how to deal with Online bullying

Due to the anonymous nature of digital communication, anyone with a mobile phone or internet connection can be the target of online bullying. Our schools have clear policies on dealing with bullying and online bullying, please contact the schools or view our websites for a copy of these policies.

Here are some general points to help deal with Online bullying:

- If you feel you are being bullied by email, text or online, do talk to someone you trust.
- Never send any bullying or threatening messages.
- Keep and save any bullying email, text or images.
- If you can make a note of the time and date bullying messages or images were sent and note any details about the sender.
- Use blocking software; you can block instant messages from certain people, “unfriend” people on social networking sites or use mail filters to block email.
- Do not reply to bullying or threatening messages or emails; this could make matters worse. It also lets the bullying people know that they have found a “live” number, email address or “active” social networking contact.
- Do not give out your personal details online; if you are in a chatroom, online game or IM session watch what you say about where you live, the school you go to, your email address, your friends and family. All these things can help someone build up a picture about you.
- Do not forward abusive texts, email or images to anyone. You could be breaking the law just by forwarding them. If they are about you, keep them as evidence.
- Do not ever give out passwords!
- Remember that sending abusive or threatening messages is against the law.
- Do report instances of online bullying you have seen or heard about, even if not directed at you. There is no such thing as an innocent bystander, if you have seen the posts, messages or images then you could be considered as part of it if you do not report it!



Have you seen this symbol on the sites you use?

It is your door to one stop internet safety advice and help. If you use social networking areas or other sites offering chat or contact with online buddies then look for it. It is there for you!

References: Keeping Children Safe in Education - July 2015 Preventing and Tackling Bullying - October 2014