



2BeSafe Parent Information: Online Bullying

Introduction to 2BeSafe

At school, we help children learn how to stay safe in today's fast-changing digital world through 2BeSafe, a programme created by 2Simple on Purple Mash. Based on the national Education for a Connected World guidance, 2BeSafe covers eight key areas that prepare children for life online. From Reception to Year 6, children take part in short sessions across the year, giving them clear teaching points and time to reflect and discuss their digital choices.

Online Bullying

Bullying is a serious issue, and technology can make it easier for harmful behaviour to happen. This strand teaches children what online bullying looks like, how it affects people, and why it is never the victim's fault. They learn how to recognise unkind behaviour, respond safely, and seek help from trusted adults or reporting services.

As they progress, children explore issues such as "banter" that goes too far, the differences between online and offline bullying, and how to report or capture evidence.

By the end of primary school, they are equipped with practical tools to help them deal with online bullying and offer support to others.

What the Children will be Learning:

Reception: Children begin by learning that some people can be unkind online. They explore how unkind behaviour might look and talk about the feelings it can cause, such as sadness or upset.

Year 1: Children learn how to behave online in positive ways that do not upset others. They practise giving examples of kind and respectful behaviour.

Year 2: Children are introduced to the concept of bullying. They learn what bullying is, how it can happen online, and how it can affect people's feelings. Importantly, they are taught that anyone being bullied is not to blame and that help is always available.

Year 3: Children discuss why it is important to behave appropriately towards others online. They look at different ways bullying behaviour may appear online and identify how someone can seek support if it happens.

Year 4: Children begin to recognise when others are upset, hurt, or angry online. They learn that bullying can happen through different types of media such as images, videos, texts, or chats. They also explore how what they post can affect others' feelings and how it might impact their own reputation.

Year 5: Children deepen their understanding by exploring how online bullying can be different from bullying in real life. They think about how joking or "banter" can sometimes be experienced as hurtful or bullying. They learn strategies for getting help, including how to report bullying, block abusive users, and access helplines such as Childline or The Mix.

Year 6: In their final year, children learn practical strategies to deal with online bullying, such as how to capture evidence (screenshots, URLs, profiles) and share it with trusted adults. They also explore how to report bullying in different online contexts.



Ways to Support Your Child at Home

- Talk openly about kindness online** – Discuss how words, images, or videos shared online can affect others, even if they seem like a joke.
- Encourage empathy** – Ask your child how they think someone might feel if they were left out, teased, or targeted online.
- Explain what bullying is** – Make sure your child knows that bullying is repeated, intentional, and hurtful behaviour, and that anyone who experiences it is not to blame.
- Model respectful behaviour** – Show how you interact positively online and explain why treating others with respect matters.
- Teach safe responses** – Encourage your child not to reply to bullying messages and to block or mute abusive accounts if needed.
- Show them where to get help** – Remind children they can always talk to you or another trusted adult. Share support services such as Childline and The Mix and explain that reporting bullying is a positive step.
- Practise evidence-keeping with older children** – Talk about how to take screenshots or save messages if bullying happens, so they can share it with you, their school, or another trusted adult.