

Online Safety 4 Schools

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'Online Bullying' Cyber Bullying



1. Bullying -

Physical – Hitting, Kicking, Pushing, Taking or Hiding things

Emotional – Looks, Graffiti, Exclusion, Leaving out of groups, Ignoring (Snapmaps, WhatsApp, Groups)

Verbal – Name Calling, Teasing, Insulting, Threats, Gossiping

Cyber (Online) – via Social Media & Gaming (Whats App, Discord, Snapchat, Instagram, Steam , Twitch)

2. What Exactly is Online (Cyber) Bullying

Bullying can be defined as - The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyberspace.

Online (Cyber) Bullying is defined as - 'The use of electronic communication to bully a person, typically by sending messages that intimidate, threaten, harass or relate to stalking another individual.'

3. What Victims have Experienced.....

39% Nasty comment posted on profile	34% Nasty comment posted on a photo
68% Been sent a nasty private message	24% Had their private information shared
18% Had someone impersonate them online	18% Had their profile wrongfully reported
41% Had rumours about them posted online	27% Had video/photos posted that they did not like

4. Why Does Cyber Bullying Take Place ?

Offender can stay Anonymous – Revenge – Power – Social Pressure – Will not get caught – Easy to ignore the consequences – Lack of empathy – Everyone else is doing it – Low self-esteem.

5. What Happened as a result of Being Bullied?

41% Developed social anxiety	26% Deleted their social media profile	25% Self-harmed
20% Skipped class	14% Developed an eating disorder	37% Developed depression
24% Stopped using social media	26% Had suicidal thoughts	37% Developed depression
27% Had video/photos posted that they didn't like		

6. Is it Bullying ?

Guidance

There continues to be an argument as to what bullying is and whether it is just someone being rude or mean. Advice to schools and parents is to follow these guidelines and definitions :

Rude – Comments or Actions that are – Unintentional / Hurtful and One-Off

Mean – Comments or Actions that are – Intentional / Hurtful and One-Off

Bullying – Comments or Actions that are – Intentional / Hurtful and happen more than once, even when you ask them to stop or show that you are upset.

Whilst bullying can be either illegal, unacceptable, or inappropriate many claim that their hurtful action, dialogue, post, or comment is just 'banter'. Although this maybe completely inaccurate it does raise the possibility of 'bullying without knowing' and/or 'bullying by accident'. This is both possible because of technology (snapmaps, gps etc) which can create inadvertent 'exclusion', and accidental bullying through 'throw away comments' which can hurt and cause low self-esteem.

What must be prevented is deliberately discriminating, deliberately treating someone differently because of feeling jealous or envious. Young people must understand that online comments can be 'misunderstood', jokes may backfire and 75% of communication is visual.

How does Bullying differ from Banter / Teasing

There is a deliberate intention to hurt or humiliate

There is a power imbalance (I'm better than you ..)

It is usually persistent.

It Happens - Several Times On Purpose (STOP)

Cyberbullying Top Tips for Young People

1. Always respect others
2. Think before you send
3. Block the Bully
4. Don't retaliate or reply
5. Save the Evidence
6. Report to the Social Network / App
7. Make Sure you tell: Your Parent/Carer/An Adult you trust/Your School/Your Teacher
8. MAKE THE RIGHT CHOICE

Finally, don't just stand there, if you see cyberbullying going on, support the person/friend/victim who may be 'hurt' and report the bullying!

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