



Online Bullying – we want to stamp it out!

We have zero tolerance of bullying of any kind but as we work online we are particularly aware of online bullying.

In many cases, online bullying can be even more painful than face-to-face bullying. A lot of online bullying can be done anonymously (without a name), so you may not be sure who is targeting you. This can make you feel even more threatened and can make bullies worse, as they think they're less likely to get caught. Since online bullies can't see your reaction, they will often go much further in their harassment or ridicule than they would do face-to-face with you.

What is it?

Online bullies are sad people who try to harass, threaten, or humiliate you using computers, mobile phones, and social networking sites by:

- Sending or forwarding hurtful or threatening emails or text messages
- Posting photos and other personal information online without your consent
- Pretending to be someone else to trick or humiliate you
- Spreading lies and rumours about you
- Creating a group or social networking page to target or exclude you
- Tricking you into revealing personal information that can then be used to hurt you

Tips for dealing with online bullying

- 🍏 Do not respond to bullying messages. The bully wants to feel in control of your emotions, so the best response is no response.
- 🍏 Document the bullying. Save text messages, save and print out emails, or take screenshots.
- 🍏 Block the bully on your phone, IM list, websites, or social media pages. Report inappropriate messages to an Internet service provider or website moderator; report threats to the police through CEOP's Report Abuse button:



- 🍏 **Tell someone** responsible – parents, relatives or us! We're here to help. **Talk to your teacher or call us in the office on 01242 604985.** We will work with you to help get control of the situation within 24 hours.