



Online Bullying – we want to stamp it out!

Everyone has the right to feel safe and respected online.

At Apricot, we do not accept bullying of any kind. Because we work online, we are particularly aware of **online bullying (sometimes called cyberbullying)** and the effect it can have on young people.

Online bullying can happen at any time and the person responsible may sometimes hide their identity. Messages, pictures or videos can also be shared quickly with lots of people, which can make the experience particularly upsetting.

If this happens to you, you do not have to deal with it on your own.

What is online bullying?

Online bullying can happen through social media, messaging apps, gaming, email, websites or other online spaces. It can include:

- 🍊 Sending or sharing hurtful, abusive or threatening messages.
- 🍊 Sharing photographs, videos or personal information about someone to embarrass or upset them.
- 🍊 Spreading rumours or lies about someone online.
- 🍊 Deliberately excluding someone from an online group or activity to upset them.
- 🍊 Pretending to be another person or creating a fake account to embarrass, trick or harm them.
- 🍊 Pressuring or tricking someone into sharing personal information, photographs or messages and then using these against them.
- 🍊 Creating or sharing altered or **AI-generated images, videos, voices or messages** to bully, embarrass or impersonate someone.
- 🍊 Repeatedly contacting, following or targeting someone online when they have asked for it to stop.



What should I do?

 Don't get drawn into an argument.

If it is safe to do so, stop responding and step away from the conversation.

 Keep the evidence.

Save messages or take screenshots so that you can show a trusted adult what has happened. **Don't keep or forward sexual images of anyone under 18** — tell a trusted adult instead.

 Block and report.

Use the block and report tools on the app, game, website or social-media platform.

 Tell someone you trust.

Talk to your parent/carer, Apricot teacher or another trusted adult.

 If you think you or somebody else is in immediate danger, tell a trusted adult straight away and contact the emergency services if necessary.

Tell us!

If online bullying is affecting you or happens during your Apricot learning, **please tell us**.

Talk to your teacher or another member of Apricot staff you trust, or contact Apricot HQ:

01242 604985

We will listen to you, take your concern seriously and normally **contact you within 24 hours to explain what we can do to help**.

If what you tell us raises a safeguarding concern, we will follow Apricot's safeguarding procedures to help keep you safe.