

WHAT CAN I DO?

Our trained support advisors offer practical, emotional and legal support.

1. RECORD EVIDENCE

Screengrab this as soon as it happens

2. BLOCK THEM

& Report to administrator

3. EMAIL

Help@cybersmile.org

To be allocated a trained support advisor.

EMOTIONAL
SUPPORT

PRACTICAL
SUPPORT

LEGAL
SUPPORT

If you receive serious repeated abuse and threats then you should contact your local police department, who will be able to advise you how to proceed

help@cybersmile.org



cybersmileyfoundation



cybersmileyofficial



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@thecybersmileyfoundation



THE CYBERSMILE FOUNDATION

help@cybersmile.org

CYBERBULLYING : TEACHERS & CARERS

EDUCATION

Talk about how you plan to safeguard the people in your care against cyberbullying and create a policy or agreement between you. This could be in a school or home environment and the rules can be displayed as a reminder of appropriate online behaviour.

NETIQUETTE

"Showing courtesy and respect to other internet users, just as You would in real life.



DON'T SHOUT!

Avoid writing whole words or sentences in capital letters. This is the equivalent of SHOUTING IN SOMEONE'S EAR!

AVOID CONFLICT

Trading insults and abuse is not good netiquette. It is pointless and negative and could get you banned from the site. Avoid being drawn into fights and never post abuse on someone's profiles. Teach young people to be emotionally aware of the effects of cyberbullying. Educating against cyberbullying is the best way to prevent incidents occurring within a group of young people. You may like to try exercises such as:



RESPECT OTHERS PRIVACY

Don't pass on anyone's Private information or photos without their permission. Not Only is this bad netiquette but you may also be accused of cyberbullying or online harassment

The Paper Test

- 1) Give them a plain piece of paper and ask them to scrunch it up, stamp on it and get it dirty – but without ripping it
- 2) Then ask them to flatten out the paper and look how dirty and creased it is.
- 3) Now ask them to say sorry to it and to try and fix what they have done. (No matter how hard they try to fix it, the paper will still be dirty and creased.)
- 4) Explain to your child that this is what happens when someone is cyberbullied - no matter how sorry you are the scars and damage don't just go away

PROTECTING YOURSELF

Children are always fascinated by the wider lives of their teachers and responsible adults. There are steps you can take to prevent being targeted online:

Never accept friend requests from young people in your care on social networking sites

STAY PRIVATE.

Check privacy settings and who can view your content on sites like Facebook, and keep profiles like Twitter and Instagram private

GOOGLE YOURSELF

Commonly, teachers use a variation of their name (for example, first and middle or maiden name) on social networks to make them harder to find. Also Consider a profile picture that doesn't identify you

THINK

That photo of you at your best mate's stag party might give your friends a laugh but consider the professional implications

WHERE TO GO FOR SUPPORT

TEACHERS

It is compulsory for schools to enforce anti-bullying policies. If you have issues, keep the evidence, ask about this policy and report any incidents to the appropriate staff. Remember: cyberbullying can also occur between staff members and every employer has a legal duty of care to deal with any kind of harassment in the workplace. Spreading rumours or sending around derogatory emails is not acceptable

CARERS

Sadly, bullies often target young carers in particular. There is lots of support available for carers of any age, no matter who you look after; don't be scared to get in contact with your local Social Services Department to see what advice and support they can give you

77% believe the issue of cyberbullying has worsened in the past three years, with 22% of those pointing to the last 12 months having more incidents than ever

Over a fifth of teachers believe cyberbullying of teachers or other staff members takes place at their school.

78% have personally experienced cyberbullying. Whether directed at themselves, their students or other members of staff.

92% of secondary school teachers have come across cyberbullying at some point in their careers.

ARE THEY BEING CYBERBULLIED?

If you're caring for either children or vulnerable adults, here are some common signs to watch out for... CHANGES IN ONLINE BEHAVIOUR: Are they suddenly spending far more or less time on online gaming, texting or social networking sites?

ILLNESS:

Has there been an increase in headaches, stomach upsets or other ailments?

RELATED QUESTIONS:

Has the person asked you about closing down social networking site accounts, or about security features such as blocking other account holders or phone numbers?

DISTRESS:

After using the phone or computer do they become annoyed, seem stressed, or look flustered and confused?

SCHOOL ATTENDANCE & PERFORMANCE:

Has a young person been increasingly late for school or 'off sick'; has there been a decline in the standard of school work?

CHANGES IN FRIENDS & ACTIVITIES:

Have they reduced their usual social activities? Have you noticed an unexpected change in the dynamics of their friendship group?

SELF-ESTEEM:

Have they started to put themselves down verbally or show other signs of low self-esteem?

RELATIONSHIP BREAK-UP:

Has the person recently broken up with a girlfriend or boyfriend? When relationships go wrong arguments can be played out over the internet or on the phone.

Some ideas for schools:

- 1) Hold regular competitions for positive slogans and come up with
- 2) Include cyberbullying in PSHE/ICT lessons.
- 3) Inform others. As well as this leaflet, Cybersmile produces others aimed at young people and parents that could help!
- 4) Develop on-going activities throughout the school year – year groups could take turns to focus on the issue and come up with ideas
- 5) Start a school blog for support. This could include parents and help to educate everyone in your school