

Key Safety Advice

The whole school community has a part to play in ensuring cyber safety. Understanding children and young people's online lives and activities can help adults respond to situations appropriately and effectively. Asking children and young people to show adults how technologies and services work is a useful strategy that can provide an important learning opportunity and context for discussing online safety.



For children and young people

- 1:** Always respect others – be careful what you say online and what images you send.
- 2:** Think before you send – whatever you send can be made public very quickly and could stay online forever.
- 3:** Treat your password like your toothbrush – keep it to yourself. Only give your mobile number or personal website address to trusted friends.
- 4:** Block the bully – learn how to block or report someone who is behaving badly.
- 5:** Don't retaliate or reply!
- 6:** Save the evidence – learn how to keep records of offending messages, pictures or online conversations.
- 7:** Make sure you tell:
 - an adult you trust, or call a helpline like ChildLine on 0800 1111 in confidence;
 - the provider of the service; check the service provider's website to see where to report incidents;
 - your school – your teacher or the anti-bullying coordinator can help you.

Finally, don't just stand there – if you see cyberbullying going on, support the victim and report the bullying. How would you feel if no one stood up for you?



For parents and carers

- 1:** Be aware, your child may as likely cyberbully as be a target of cyberbullying. Be alert to your child seeming upset after using the internet or their mobile phone. This might involve subtle comments or changes in relationships with friends. They might be unwilling to talk or be secretive about their online activities and mobile phone use.
- 2:** Talk with your children and understand the ways in which they are using the internet and their mobile phone. See the seven key messages for children (on the left) to get you started.
- 3:** Use the tools on the service and turn on in-built internet safety features.
- 4:** Remind your child not to retaliate.
- 5:** Keep the evidence of offending emails, text messages or online conversations.
- 6:** Report cyberbullying:
 - Contact your child's school if it involves another pupil, so that they can take appropriate action.
 - Contact the service provider.
 - If the cyberbullying is serious and a potential criminal offence has been committed, you should consider contacting the police.

