

Bollington St. John's Church of England  
Primary School



*Where talent grows*

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### **Anti-Bullying – Hints and Tips taken from 'Digital Parenting Magazine'**

#### **Seven ways to help your child if they're being bullied**

1. Let them share their concerns and what they want to happen.
2. Take their concerns seriously, while trying to remain calm.
3. Try not to attribute blame, even if your child has done something you advised them not to.
4. Report and take action to address the cyberbullying. Save any messages as proof, take screenshots of private messages – and don't delete anything.
5. Take action to prevent further bullying; remove the bully from friends lists, set your child's profile to private, if it isn't already, and block any offending phone numbers.
6. If the bully is someone at school, talk to a teacher or the Headteacher and find out what their anti-bullying policy is.
7. Remain sensitive to your child's feelings. So, for instance, don't indefinitely ban their use of all internet-enabled devices.

Please note: much of the advice here was created in consultation with the NSPCC Participation Unit, speaking directly with children and young people about how to tackle cyberbullying.

#### **What to do if your child is the bully**

Young people who have never bullied anyone in real life could be drawn into cyberbullying because they think they are anonymous. They may do or say things they wouldn't dream of doing face-to-face, because they're hiding behind a screen. They might succumb to peer pressure and pass on a bullying email or join in a conversation on a social media site without thinking of the consequences. And, like all bullies, cyberbullies rely on others to endorse their behaviour, join in or simply not challenge them. Cyberbullying can also be aimed at adults they want to ridicule or upset – for example, teachers.

If you think your child could be bullying someone:

1. Talk to them openly about what they are doing and why it is unacceptable.
2. Listen to what they say – they may not genuinely understand the effect they are having on someone else or what they are doing is bullying.



3. Try to find out why they started bullying someone in the first place. They may be trying to impress a new group of friends or may themselves be the victim of bullying.
4. Be proactive and talk to their teacher if necessary – assure the school you are working with them to prevent it happening again.
5. If someone accuses your child of cyberbullying, listen to their concerns. Your first reaction may be to defend your child, but you must remain calm, promise to speak to your child, and get back to them straight away.
6. If they have been bullying someone, accept that your child can make mistakes, take action and find a way to move on. Ignoring the problem will mean your child is likely to bully again.
7. Implement consequences by limiting internet time or taking their device away. Explain what you expect of them in order to regain your trust and the use of their device.

### **Seven ways to help keep your children safe online**

1. Ask your child to show you their favourite websites, and revisit them in your own time. Explore the space and find out how to set up safety features.
2. To spot spam, look out for messages with poor spelling and grammar, and requests to forward an email to multiple people. Always have your spam filter switched on to minimise the risks.
3. Phishing emails make offers that seem too good to be true, or have a strong sense of urgency. If an organisation you trust is requesting personal information, don't click on any links – go direct to their website to make sure it's genuine.
4. Protect all your devices with anti-virus software and make sure you regularly install updates to any programs or apps.
5. Do not open attachments from any unknown sources.
6. Never open or forward a suspicious looking email, or respond to a social media message from someone you don't know.
7. Teach children not to use an unsecured Wi-Fi hotspot when out and about, especially if what they are doing is personal or private.