

# Cyberbullying

Cyberbullying is when someone bullies others using electronic means.

It can consist of:

- Threats and intimidation
- Harassment and stalking
- Defamation
- Rejection and exclusion
- Identify theft, hacking into social media accounts and impersonation
- Publically posting or sending on personal information about another person
- Manipulation

Why is it different to other forms of bullying?

- It can happen anywhere, anytime – even when they're at home.
- It can reach a vast audience in a matter of seconds
- It has the potential to draw in large numbers of people
- It takes 'repetition' to a different level, with hurtful comments and images being shared multiple times
- It can offer a degree of anonymity to the perpetrator
- There are very few children that have not been impacted in some way, either as the perpetrator or the victim
- It's difficult to police and to punish
- There is often some form of evidence (e.g. screen shot, text message).



## Sexting

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages.

Sexting may also be called:

- trading nudes
- dirties
- pic for pic

Sexting can seem quite harmless but it's important to know that sharing or creating explicit images of a child is **ILLEGAL** – even if the person doing it, is a child.

They are breaking the law if:

- They take an explicit picture or video of themselves or a friend
- They share explicit pictures or videos of a child (even if they are shared between children of the same age)
- They possess, download or share explicit pictures or videos of a child even if the child gave permission for it to be created.

## Parental Controls

Parental controls are software tools which you install on phones, tablets, games consoles.

You can use them to help you block or filter the content your child sees when searching online.

Parental controls are also available to help you to:

- plan what time of day your child can go online and how long for
- stop your child from downloading apps they're too young for
- manage the content different members of the family can see.



# Digital resilience

Digital resilience involves having the ability to understand when you are at risk online, knowing what to do if anything goes wrong, learning from your experiences of being online, and being able to recover from any difficulties or upsets.

Work as a TEAM:

## **TEAM:**

- T – talk about staying safe online**
- E – explore the online world together**
- A – agree rules about what's OK and what's not**
- M – manage your family's settings and controls**

