

Curnow School Online Safety Bulletin

Autumn Term 2024

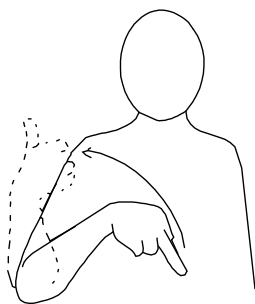


Anti bullying week is November 11th to the 15th 2024.

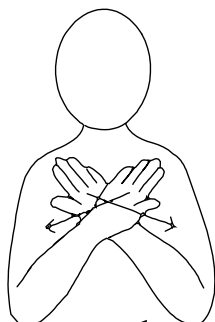
Our Online Safety focus for this week will be cyberbullying and the need to be kind online– to be respectful and considerate of the feelings of others. In PSHE over the first part of this term our school focus has been being kind/unkind and to further this learning this will focus on being kind online.



Be kind



Kind



not

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationallinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profiles; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**
Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**
Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect on line with people we know and trust, and why passwords should always remain secret (even from our best friends).
- 3. STAY VIGILANT**
Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming upset or withdrawn, jumpy or on edge, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is ok.
- 4. MAKE YOURSELF AVAILABLE**
If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.
- 5. BE PREPARED TO LISTEN**
When conversations about online bullying do take place, they're likely to be critical, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism, even if they haven't dealt with the situation in exactly the way you would have hoped.
- 6. EMPOWER YOUR CHILD**
Depending on their age, your child might not want a parent 'fighting their battles' for them. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.
- 7. REPORT BULLIES ONLINE**
Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.
- 8. ENCOURAGE EMPATHY**
Protecting themselves online is the priority, of course, but whoever they would also feel empowered to help if they witness other people being victim to cyber-bullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**
Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE
If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to:
 CHILDLINE: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support
 NATIONLINE: @younglivesonline.com or call on 0845 225 5787 or by visiting www.nationallinesafety.com/cyberbullying.html
 The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-to-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 8000

Meet Our Expert
Dr Kate Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government concerning internet use and sexting behaviour at young people in the UK, USA and Australia.

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#WakeUpWednesday

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Users of this guide do so at their own discretion. Nationality is untested. Current as of the date of release: 09.10.2022

If you would like a copy of this poster please ask your child's teacher

Further advice...

This term marks a year since the government introduced the 'Online Safety Act 2023' this was a new law "*which introduces measures to make sure that children are protected online. It will help to make social media platforms and other online companies responsible for ensuring children are protected on their platforms and are not exposed to harmful content whilst online*" (Barnados) A second part to the Act will be introduced in late 2025.

Here are a few reminders of where you can look for information on the Act and guidance to support your child when they use social media platforms:

Firstly **google** and type in what you need support with— there is a wealth of information and videos to support you through setting parental controls and advice on settings etc.

NSPCC


Mencap

Youtube— video's on 'how to guides'

Barnados

Internetmatters

Uksafer internet.org

E-Safety Star points to remember each time you access the internet on any device 

Be SMART to be an e-safe STAR



Security: Do not give out your personal details or passwords



Tell someone: If you do not like what you see, hear or read



Ask for help: Everyone makes mistakes



Remember to be safe!

Don't forget our School website has information and links to websites, previous newsletters and lots more!

www.curnow.cornwall.sch.uk and click on the 'parents' section