

E - safety

Staying safe online



Cyber bullying

Cyber bullying is when a person, or a group of people, uses the internet, mobile phones or other digital technologies to threaten, tease or abuse someone. It's against the law to bully someone this way and if someone is being mean or threatening you, something can be done to stop them.

There are lots of ways cyber bullies can target someone, some of which may be:

- **Email**

Sending abusive emails to someone, or to a group of people, who may then join in the bullying.

Sending inappropriate videos and other content or computer viruses by email.

- **Instant messaging and chatrooms**

Using instant messaging and chatrooms to send threatening or abusive messages to someone and asking others to join in. Using another person's account to send abusive messages to others without their permission.

- **Social networking sites**

Creating fake profiles for people or leaving abusive messages on existing profiles for others to see.

- **Mobile phone**

Sending abusive text, video or photo messages as well as sharing videos of physical attacks on individuals (happy slapping or blue jacking, etc).

- **Abusing personal information**

Posting photos, personal information or fake comments and blogs on websites where they can be seen by anyone without your permission.



I'm being bullied online

How can I make it stop?

Although cyber bullying can't physically hurt you it can still make you feel bad and is a form of emotional abuse. No one has the right you make you feel like this. It might seem that there is no way to make it stop, but there are things that you can do to prevent it from happening or make it stop.

- Talk to an adult you trust. They can help you to sort it out. Or you can call Childline on 0800 1111 to speak to someone who can help you.
- Don't reply to any messages you receive, as this may encourage the bullies.
- Keep a copy of the abusive emails, texts or messages that you receive and when they were sent to you.
- Never give out any personal details on the internet such as your real name, address, age or phone number. Even telling someone which school you go to can help them find out information about you.
- Change your online nicknames or user ID to something different.
- Block email addresses and complain to their host website.

Who else can I talk to?

- A teacher
- Your parent/carer
- A trusted adult
- Your social worker
- The Participation and Rights Team
- Other organisations listed on page 7



Did you know?

You have to be 13+ to have a Facebook account.

If you use your phone to go online your personal information may be shared without you knowing.

People may not be who they say they are!

If you put personal info on your profile, people can steal your identity.

Even if you delete your page, it will still be online as a public document.

When you think you're just chatting to friends, it may be an open forum which anyone can see.

Be aware that information on your profile could potentially be viewed by anyone. So if you wouldn't be comfortable printing it off and handing it out on the street, maybe it shouldn't be on your profile.

It's not a great idea to post where you're going or where you live on your profile or twitter. Think through if you'd want everyone who can view the post to turn up at any time!

Only upload pictures that you'd be happy for your teacher to see – anything you wouldn't want on the school notice board should NOT make it onto the web, as you don't know who could be looking at it or what they might be doing with it. Once your picture is out there, it's out there forever and you won't be able to get it back.



"I might not be who you think I am."

Facebook Report Abuse Button?



You can add the CEOP Report Abuse button to your Facebook page by going to www.facebook.com/clickceop

Then if you do get bullied you can just click on the button to report it to the police.





1. Treat your password like your toothbrush – keep it to yourself.
2. Only give your mobile number or personal website address to trusted friends.
3. Block the bully – learn to block or report someone who is behaving badly.
4. Save the evidence – learn how to keep records of offending text messages, pictures or online conversations.
5. Don't retaliate or reply.
6. Check your profile and make sure it doesn't include any personal information.
7. Always respect others – be careful what you say online and what images you send.
8. Think before you send – whatever you send can be made public very quickly and could stay online forever.
9. Look out for your friends – and do something if you think they are at risk.
10. Tell your parent, carer or a teacher if something or someone makes you feel uncomfortable or worried.

Useful numbers and websites



www.nspcc.org.uk
Phone: 0800 800 5000



www.ceop.police.uk

CHATDANGER

www.chatdanger.com



www.childline.org.uk
Phone: 0800 1111



www.cybermentors.org.uk



www.rights4u.org.uk
Phone: (01482) 396828



www.thinkyouknow.co.uk



Produced by the Young People's Safeguarding Group

The Young People's Safeguarding Group has been formed to gather young people's views on issues to do with 'staying safe'.

The group has links with the East Riding Safeguarding Children Board and focuses on issues and projects raised by them, as well as pieces of work the young people wish to undertake.

The group meets about once a month at the Participation and Rights Team in Anlaby. The group's objectives are to give young people a voice, identify needs and influence change for young people on issues around safety.

Young people already make a big contribution to staying safe by delivering staff development and training for Children, Families and Adult Services and by taking part in staff recruitment.



The Children's Participation and Rights Team

(01482) 396828

Email: rights4u@eastriding.gov.uk

Or visit our website:

www.rights4u.org.uk



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