#### Reporting cyber-bullying

Should I report to the school?

If the bullying involves other children from their school, children's home, or youth centre, report the incident there first. Staff should have an anti-bullying policy, should follow these procedures and keep you informed.

They may get specialist support from other agencies like the police or the local authority.

Who else can I report to? You can report cyber-bullying and other cyber-safety concerns to

- CEOP (Child Exploitation and Online Protection Centre)
- The company providing your internet or phone service
- The site or forum where the bullying is happening

If a child is in immediate danger of harm, or a crime is being committed, phone the police straight away on 999. In a non-emergency you can call the police on 101

## More information about cyber-safety

Birmingham City Council www.birmingham.gov.uk/stopbullying

West Midlands Police www.west-midlands.police.uk

CEOP Child Exploitation and Online Protection www.ceop.police.uk www.thinkuknow.co.uk

Childnet International www.digizen.org

Internet Matters www.internetmatters.org

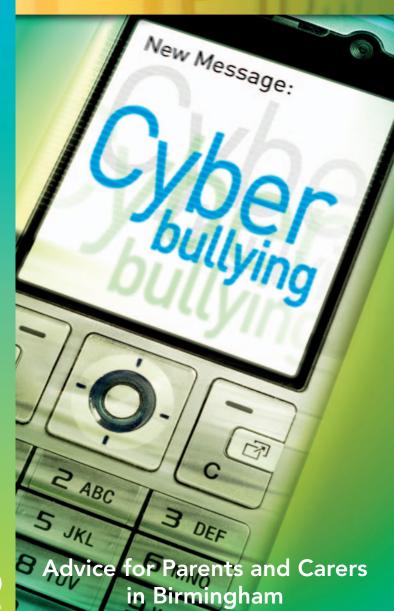
#### **National Helplines**

Family Lives 0808 800 2222 www.familylives.org.uk

> Childline 0800 1111 www.childline.org.uk

Produced by Birmingham's Bullying Reduction Action Group (BRAG) with support from Nechells Parents Forum, based at the POD. Birmingham City Council

## How to tackle...



#### What is 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 else. It can happen 24/7 and sometimes the bully (or bullies) may be anonymous. More than one technology may be used and sometimes the abuse is public for many people to see.

## How will I know if my child is being cyber-bullied?

There may not be any obvious signs but watch out for

- any changes in behaviour (becoming more emotional or withdrawn than usual)
- being secretive about work on the computer
- keeping mobile on silent

## What if my child is involved in doing cyber-bullying?

Teach your child how to behave respectfully and responsibly online and that bullying of any kind is NOT ok. Make sure they understand the consequences of taking part in cyber-bullying, both for themselves and those they bully. Keep an eye on their phone and internet use to check that they don't become involved.

## What can parents do about cyber-bullying?

- 1 Try and keep up to date with modern technologies yourself and be informed about the risks and how to minimize them.
- 2 Create a family agreement about the computer and phone use. Agree that a. they will tell if they are cyber-bullied or feel unsafe in any other way.
  b. you will help them to sort it out, if it happens.
- 3 Make sure your security software is up to date and appropriate.
- 4 If your child is being cyber-bullied, stay calm, re-assure them and be positive (even though you may be upset and angry yourself).
- 5 Report the cyber-bullying and get support yourself, from the agencies overleaf.
- 6 Don't delete any abusive messages or web-content. Save everything and keep a copy. You can cut and paste a message into another document, or photocopy phone messages. All messages can be traced and perpetrators found.
- 7 Teach your child the Click Clever, Click Safe Code: Zip It, Block It, Flag It.





## ZIP IT

Keep your personal stuff private and think about what you say and do online.



### **BLOCK IT**

Block people who send nasty messages and don't open unknown links and attachments.

# 11

## FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.