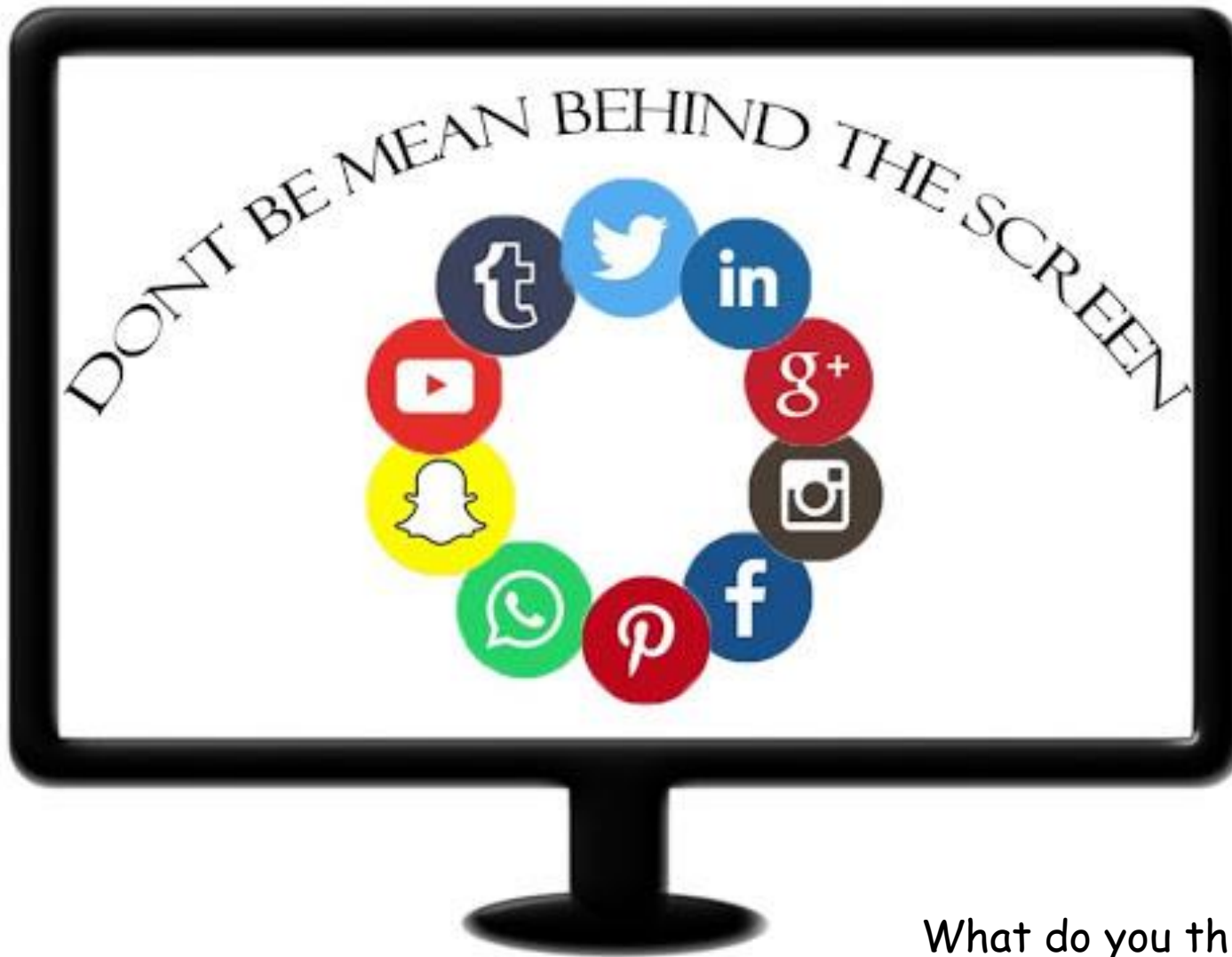


Wednesday 2nd December 2020

L.O. To recognise and know how to deal with different forms of cyberbullying.



What do you think this means?

"Don't be mean behind the screen?"

Discuss with an adult at home.

# Cyberbullying

- Cyberbullying is the use of electronics to bully somebody. This is often done by sending messages of a nasty or upsetting nature.

Receiving  
nasty or  
inappropriate  
emails.

Nasty  
comments  
on social  
media.

Someone  
deliberately posts  
a nasty or  
embarrassing  
picture of you on  
social media  
without your  
permission.

Prank  
phone  
calls.

Getting nasty  
or  
inappropriate  
text  
messages.

What could you do if you or someone you know is being bullied by phone or online?

- Talk to your adult and collect some ideas together before looking at some suggestions on the next slide.

# How to Deal with Cyberbullying

## 1 Save

any evidence of the bullying and show an adult.

## 2 Block

messages or the person. Do not respond to them in any way.



## 3 Log Off

the site where the cyberbullying is happening.

## 4 Talk

to someone you trust about it.



## The 1, 2, 3 Rule:

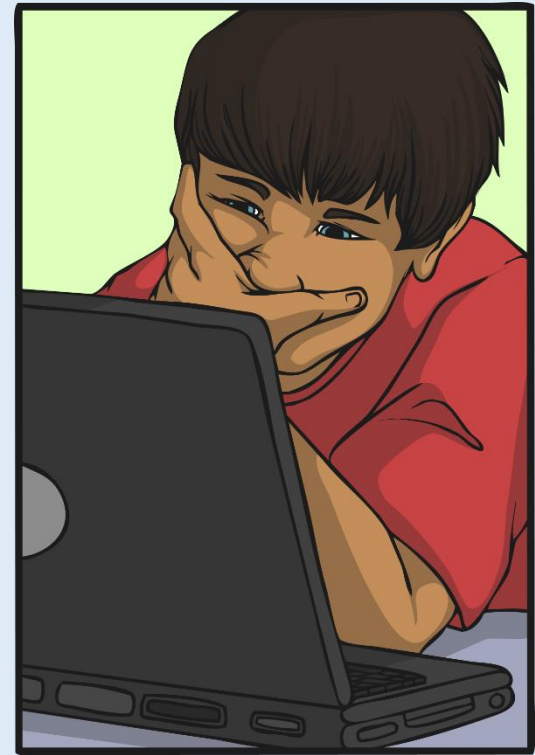
1. Don't reply.
2. Save the evidence.
3. Tell someone.

Look at these scenarios.

With a grown up, can you come up with a solution to the problem?

### Scenario 1

You are in a chat room chatting with some people from school. Suddenly, the conversation gets nasty and another person says some hurtful things about your family. What should you do?



## Scenario 2

Your parents have allowed you to get your own social media page. Some people you know from school have posted some nasty comments about your appearance under one of your posted photographs. What should you do?





# Use ICT (if possible) e.g. PowerPoint, PicCollage for your activity today.

- Create a poster or information leaflet for others entitled "Be Kind Online!"

**NOS National Online Safety #WakeUpWednesday**

## 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a huge impact and often one act of kindness can lead to many, making the world a better and more positive place. That's why we've created this guide to give you a few simple acts of kindness online that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

- 1. BE POSITIVE**  
Post about things that make you happy and that you're proud of. It could brighten up someone's day.
- 2. OFFER TO HELP**  
Offer to help someone who is struggling. It could be something as simple as helping them with a task or offering them support and advice. Sometimes that may be easy for you, but it could be difficult for someone else.
- 3. SHOW APPRECIATION TO OTHERS**  
If somebody you know has done something great or shown kindness towards you, thank them for it with a message and showing them that you appreciate them is so good.
- 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY**  
We often come across funny videos or images online that make us laugh and that we want to share. They're a great way to bring a smile to someone's face and they can be a great way to connect with others who are feeling a bit down.
- 5. LIKE, LOVE & CELEBRATE**  
If somebody posts something that you like or enjoy, like it, love it or celebrate it. It's a small gesture but it can mean a lot.
- 6. VIDEO CALL YOUR FRIENDS & FAMILY**  
It can be easy to be consumed by daily media, but it's important to take time to connect with the people you care about. Video calling is a great way to connect with others for a bit and share your lives with them even though you can't physically meet.
- 7. TELL SOMEONE YOU'RE THOUGHT OF THEM**  
We can't always tell how people are feeling online and just saying something nice to someone is a great way to let them know you're thinking of them and that they matter to you.
- 8. SHARE POSITIVE POSTS**  
If you see something online that inspires you, share it with your friends and family. It could be a motivational quote or a post about a charity that's doing good work. Sharing positive posts can help to spread positivity and inspire others to do good.
- 9. HOST AN ONLINE QUIZ**  
Hosting an online quiz can be a great way to get people to think and learn. It's also a fun way to spend time with your friends and family. You can find lots of quiz ideas online and it's easy to set up.
- 10. THINK BEFORE YOU COMMENT**  
Sometimes thinking before you post can be a good idea. It's important to think about what you're saying and whether it's necessary. Sometimes a simple 'like' or 'love' can be enough to show your support.
- 11. BE COMRASIONATE & UNDERSTANDING**  
Being empathetic towards others and their situation is a great way to show you care. It's important to remember that everyone has their own struggles and it's easy to be judgemental. Try to be understanding and offer your support.
- 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS**  
You may know two people amongst your friends and family who you love and know well who have similar interests. Sometimes it can be a good idea to introduce them to each other. It could be a great way to help them connect and share their interests.
- 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS**  
If you enjoy doing something online, such as playing a game or watching a video, it's a great idea to recommend it to others. It could be a great way to help them find something they enjoy and it's a nice gesture to share your interests.
- 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS**  
Sometimes your friends or family might post something online that shows they've achieved something. It's a great idea to praise them for it. It could be a great way to help them feel good about themselves and it's a nice gesture to show your support.

**Meet our expert**  
This guide has been written by Anna Bennett, a social media expert and digital marketing specialist. She has over 10 years of experience in the digital marketing industry and has helped many businesses and individuals to grow their online presence. She is passionate about helping people to use technology to their advantage and is always looking for new ways to help people to succeed online.

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One of the guides in our free resources, including this one, is available to download for free. Contact us for more information. © NOS 2020

## BE INTERNET AWESOME! 😊

### SMART

- ONLY ACCEPT PEOPLE YOU KNOW AND TRUST IN THE REAL WORLD; DON'T MAKE FRIENDS WITH STRANGERS!

### AWARE

- IF AN IMAGE OR POST ONLINE LOOKS SUSPICIOUS, RESEARCH THE SOURCE; NOT ALL WEBSITES OR PEOPLE USING WEBSITES ARE RELIABLE.

### SAFE

- REMEMBER NEVER TO SHARE ANY PERSONAL INFORMATION ONLINE, EVEN IF FRIENDS YOU KNOW ASK FOR IT; ONCE IT'S OUT THERE, THE WHOLE WORLD CAN ACCESS IT AND IT WILL STAY THERE FOREVER. ALSO, NEVER USE YOUR REAL NAME ON SOCIAL MEDIA ACCOUNTS - USE A NICKNAME.

### KIND

- MANY THINGS ON THE INTERNET SPREAD INAPPROPRIATE OR NEGATIVE MESSAGES, BUT TRY TO IGNORE THESE THINGS AND SPREAD POSITIVE MESSAGES WHEN YOU CAN. IT'S COOL TO BE KIND!

### BRAVE

- IF YOU SEE ANYTHING ONLINE THAT UPSETS OR CONFUSES YOU, THEN DON'T BE AFRAID TO TALK ABOUT IT TO AN ADULT YOU TRUST; YOU CAN HAVE AN OPEN DISCUSSION AND MAYBE FEEL MORE COMFORTABLE ABOUT THE SITUATION.