The Rivers C. of E. Academy Trust

Sticky Knowledge:

- To know what cyberbullying is and the impact it can have on others.

- To know how to use the internet to communicate positively (i.e. video calling friends and family).

- To recognise what is acceptable and unacceptable behaviour on the internet.

- To know who to contact when you are concerned.

BE POSITIVE

⚠ WHAT IS ONLINE BULLYING ANYWAY?

- 😟 Offensive name-calling
- 😟 Purposeful embarrassment
- 😟 Stalking
- 😟 Physical threats
- 😟 Harassment over a sustained period

Be an upstander

If you see online bullying happening, try to be an upstander. Think about the ways you can discreetly let the person being bullied know what you've seen and encourage them to seek help.

"Am I the only one who thinks Shanna looks kinda like a Smurf?"

1. How could you have made the same or similar point in more positive or constructive ways?

2. If one of your classmates made comments like these, how could you respond in a way that would make the conversation more positive?

Glossary:

- **Bullying**: Purposefully mean behaviour that is usually repeated. The person being targeted often has a hard time defending themselves.
- **Cyberbullying**: Bullying that happens online or through using digital devices
- **Harassment**: A more general term than bullying that can take many forms – pestering, annoying, intimidating, humiliating, etc. – and can happen online too
- **Conflict**: An argument or disagreement that isn't necessarily repeated
- **Aggressor**: The person doing the harassing or bullying; though sometimes called the "bully," bullying prevention experts advise never to label people as such.
- **Target**: The person being bullied or victimised
- **Bystander**: A witness to harassment or bullying who recognizes the situation but chooses not to intervene
- **Amplify**: To increase or widen participation or impact
- **Exclusion**: A form of harassment or bullying used online and offline; often referred to as "social exclusion"
- **Block**: A way to end all interaction with another person online, preventing them from accessing your profile, sending you messages, seeing your posts, etc., without notifying them (not always ideal in bullying situations where the target wants to know what the aggressor is saying or when the bullying has stopped)
- **Mute**: Less final than blocking, muting is a way to stop seeing another person's posts, comments, etc., in your social media feed when that communication gets annoying – without notifying that person or being muted from their feed (not helpful in bullying)
- **Anonymous**: An unnamed or unknown person – someone online whose name or identity you don't know
- **Trolling**: Posting or commenting online in a way that is deliberately cruel, offensive, or provocative
- **Report abuse**: Using a social media service's online tools or system to report harassment, bullying, threats, and other harmful content that typically violates the service's terms of service or community standards

RUMORS
gossiping
teasing
insults
threats
CYBER BULLYING
LIES
name-calling
harassment
mean words