



Put a stop to Cyberbullying Y7, Y8, & Y9



MALET LAMBERT
SCHOOL

(Citing content from thinkuknow.co.uk and ceop.police.uk)

What is cyberbullying?

Cyberbullying is the same as normal bullying, except it takes place online or by mobile phone. It is where a person or a group of people make another feel upset or threatened by the things they say or do - usually by posting nasty comments or photos online or by text message.

What do I do if it happens to me?

First of all, try not to reply or say horrible things back to the person - it might make everything worse. Sometimes if you ignore it, the bully will get bored and stop.

If it carries on, you should:

- Tell an adult - parent, carer, teacher - whoever you trust

- Save any messages or texts to use as evidence
- Block them on social media so they can't contact you.
- If the bullying is by mobile phone, call your service provider (Orange, O2, Vodaphone, etc.) and ask for a free number change.

What if someone I know is being cyberbullied?

If you know someone that is being cyberbullied or have seen nasty profiles or messages going around, you should tell your parents or a teacher.

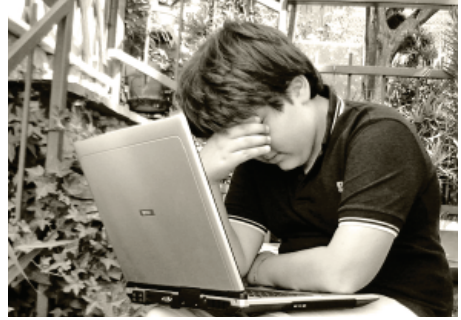
Cyberbullying is really scary for the person being bullied because loads of people could be seeing the mean things that have been said and done.

Tell an adult you trust about what is going on and they will be able to help offer support to the person who is being bullied.



How do I help stop cyberbullying?

- Don't forward pictures, messages or insults about a person. You may think it is a joke, but you could be really upsetting the person involved and even committing a crime.
- Standing back and letting it happen can be just as bad. Tell an adult you trust so they can help make it stop.
- Always respect other people and be aware of what you're sending and receiving whilst online.
- Protect yourself by setting your social media privacy so only friends can comment on and see your profile
- Don't put your phone number online and only give it to people you trust.



How will Malet Lambert help stop cyberbullying?

Malet Lambert takes your safety very seriously, so we ask you to agree to a set of rules about how you use the computers at school - called the Student ICT Acceptable Use Policy.

These rules are designed to keep you safe when you are online and it's a good idea to use these rules at home as well as at school. They include:

- I will keep my personal information safe
- I will only access sites that are appropriate for my age
- I will tell an adult if I have any worries
- I will ask my parent/carer for permission to meet people I have met online
- I will not use the computer or my phone to make nasty comments, bully or make threats
- I will only send appropriate content over the internet or via phone messages

Staff are always available for you to talk to if you need to. We take bullying very seriously - in school or online.

If you tell us about any bullying that is going on, we will make sure we let you know what happens and that the problem is being sorted out.

It's good to talk 

If anything at all is worrying you, it's best not to keep it to yourself. Hopefully you have an adult you trust who you can chat to – maybe your mum or dad, or a teacher or your form tutor, or another family member.

If you want to chat in confidence and get some advice, you can contact Childline on 0800 1111





Protect yourself - www.getsafeonline.org

Educate yourself – www.thinkuknow.co.uk

Get advice – www.cybermentors.org.uk

Talk to someone – Childline 0800 1111

Report it – www.ceop.police.uk

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