

Year 7 RSE- Bullying, Cyber Bullying, Staying safe online and how to deal with unkindness



Bullying - *The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online'. (Anti-bullying alliance)*

Imbalance of power - When one person uses tactics to control the other person.

Bully - A person who engages in bullying type behaviour towards one or more people.

Bystander - A person who doesn't actively engage in the bullying but watches and doesn't do anything to prevent it.

Cyberbullying - is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious websites or posting personal and embarrassing images and videos without the persons permission.

What is Bullying?

Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power.

There are lots of different ways that someone can experience bullying through the Internet or mobile phones. Some of them are really subtle, so it might be difficult to realise what is happening.

Some types of bullying could be: Emotional, physical, mental and online.

Communication

Communication is very important and understanding the difference between communication online vs face to face can be a helpful tool.

Face to face communication:

- Can read people's body language
- Might refrain from saying mean things
- Easier to not confuse what has been said

Communication online:

- Can misunderstand comments
- Might say things you wouldn't say normally
- Can hide who you are

Respect

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.

Respect in your relationships builds feelings of trust, safety, and wellbeing.

Respect doesn't have to come naturally – it is something you learn

Useful Bible quotes

Jesus taught and demonstrated how to live and treat others. He said "to treat others how you want to be treated." This is not just a golden rule within Christianity but many other faith traditions too.

Can you imagine a world where everyone did that?

Year 7 RSE- Staying safe online and bullying

Age restrictions are in place to protect young people. Following these restrictions is essential for keeping you safe.



Tips for using social media:

1. Use a strong password. The longer it is, the more secure it will be.
2. Use a different password for each of your social media accounts.
3. Be selective with friend requests. If you don't know the person, don't accept their request. It could be a fake account.
4. Click links with caution. Social media accounts are regularly hacked.
5. Be careful about what you share. Don't reveal sensitive personal information ie: home address, financial information, phone number.
6. Become familiar with the privacy policies of the social media channels you use and customize your privacy settings to control who sees what.
7. Report any inappropriate behaviour to the site.

Dealing with bullying:

Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.

- **Tell someone** –don't keep it to yourself, find a trusted adult who you can talk to.
- Don't retaliate, try and ignore them if you can.
- Try not to react in front of the bully.
- Stay with trusted friends who will support you.

Dealing with cyber bullying:

Cyber Bullying can be harder to handle as it is anonymous and can impact all aspects of your life.

- **Tell someone** –don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

Age Restrictions On Social Media

13	14	16	17	18	18
Twitter Facebook Instagram Pinterest Google+ Tumblr Reddit Snapchat	LinkedIn	WhatsApp	Vine Tinder	Path	(13 with parents consent) YouTube Kik Foursquare WeChat Kik Flickr

These are in the websites terms and conditions and are not legal restrictions.

Where can you go for support?

- Speak to your form tutor, Head of Year, pastoral team or other trusted adult.
- Childline: 0800 1111 www.childline.org.uk
- Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
 - NHS Support Services
 - National Bullying Helpline <https://www.nationalbullyinghelpline.co.uk/>